



Reston CONNECTION

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Merry and Bright at Reston Town Center

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Commission Recommendations: 88 Percent Implemented

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Board Placing Puzzle Pieces Around Wiehle Station

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Front row: Holly Gray, Madeleine Hardy; Back row: Briana Warner, Darien Brauman enjoying holidays at Reston Town Center ice skating rink.

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JANUARY 4-10, 2017

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Tour de Lights Held in Reston

Reston Association's Multimodal Transportation Advisory Committee held its sixth annual Tour de Lights bike ride on Saturday, Dec. 17. The tour biked on North Reston paths and secondary roads to view some of Reston's best holiday lights. Riders were required to have front and rear lights and helmets. The group posed for a photo at the tour's starting point at Lake Anne Plaza.

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Director of Community Relations, Tall Oaks
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A Christmas tree lights up the night across the street from the Pavilion.

Merry and Bright

Reston Town Center ice skating rink provides outdoor entertainment for family and friends.

BY ALYSSA MILLER
THE CONNECTION

The freshly-Zamboni'd ice reflects hundreds of twinkly white lights in the Reston Town Center Ice Skating Pavilion as a crowd of locals and visitors stands just on the other side of the walls, waiting to enter.

The ice rink, an annual tradition in the city, is open from November to March. It provides a place for family and friends to gather and celebrate the season,

regardless of experience level.

"I think it brings the families together, getting outdoors," said Blythe Shippie, who visits the ice rink several times each year with her two daughters. "It's just a fun activity that gets us out of the house, away from gadgets and TV screens."

The rink provides skate rentals and offers giant plastic snowmen and penguins with handles for anyone who needs someone — or something — to lean on as they circle the ice. There are also group discounts for large gatherings of people according to Malik Husnain, the general manager of the ice rink.

Carlos Aguiluz, who used to live nearby, visited the rink from Florida with his family. Carlos and his two daughters, Monica, 10, and Victoria, 8, loved experiencing this part of Reston for the first time.

"I love it because there's unlimited time; you can stay as long as you want," Carlos said.

Monica appreciated the simplicity of skating around for hours.

"I like that it's not complicated," she said. "You can just go around in circles."

Shippie likes seeing happy families enjoying the atmosphere.

"You can see the parents holding the kids' hands, and they're all laughing," Shippie said.



Carlos Aguiluz with daughters Monica, 10, and Victoria, 8. Aguiluz, who used to live nearby, is visiting from Florida with his family; they're considering moving back to Reston.



Melissa Romano and daughters Chloe, 4, and Olivia, 5, are visiting the Reston ice rink from another part of Northern Virginia.

VIEWPOINTS

Reflections and Projections

Restonians think back on past year, look ahead to 2017:
What, for you, was a highlight of 2016? What are you looking forward to most in 2017?

—ALYSSA MILLER

Meghan Mathew and her family: Maria, left; Faith; Francesca; and Nick.

Meghan Mathew, Stay-at-home mom, has been in Reston for about 6 months
"The birth of our third daughter, Francesca ... she is 10 months now."
"The birth of our fourth baby. We're not even sure [the sex]. We're gonna keep it a surprise."



Praveen Cherukuri, Scientist, has been in Reston for over a year and a half

"I found a new job, that was a highlight. The kids are healthy."
"Whatever it brings, I think, like, the unexpected is what I'm looking forward to. And I hope it's not too unexpected and not too crazy."



From left: Steve Holsten, Caroline Holsten, Sarah MacLean (friend), Ted Holsten

Steve Holsten, Attorney, has been in Reston for about 14 years
"Our second child going away to college in Scotland. She goes to the University of St. Andrews. She's studying Modern History and English literature ... and French."
"For me, I'm starting a new job."

Karen Hirst (right) and daughter Karly Hirst

Karen Hirst, Stay-at-home mom, has been in Reston about 10 years
"A daughter's wedding [on Sept. 17] ... It was in South Florida: Deerfield Beach, Florida."
"I have another daughter graduating from college, and I guess just ... First full year as empty-nesters. I'm like looking forward to just stage two of our adult life."

Karly Hirst, Teacher, now lives in South Florida
The wedding was also Karly's highlight.
"I just like having a new year to start over with."



OPINION

Unsung Heroes of Police Reform

Personal involvement of Culosi, Beltrante key to success of police commission.

The call for reform and transparency in Fairfax County Police began long before the shooting death of John Geer in August 2013. Some members of the Fairfax County Police Practices Review Commission pressed for reform for nearly a decade before the formation of the commission. Their experience also should answer any question about whether reform was really needed.

Anita and Sal Culosi lost their son Dr. Salvatore "Sal" Culosi Jr. when he was killed by a Fairfax County Police officer Jan. 24, 2006 outside his Fair Oaks townhouse by a SWAT team member executing a search warrant. Police knew Culosi was unarmed and did not consider him dangerous. The shooting was ruled an accident and the officer faced no charges.

"My son would still be alive today," Culosi said at the first meeting of the commission in March 2015, "but for 2006 Fairfax County policies to routinely use SWAT and aggressive procedures against citizens certified to be low risk."

Culosi Sr. told members of the commission that David M. Rohrer told him that use of force policy changes had been made since his son's shooting, but that Rohrer declined to give him copies of the changes or tell him exactly what changes were made. Rohrer, now deputy county executive for public safety was Fairfax County police chief when Culosi Jr. was killed.

As the commission began its work, Police Chief Edwin Roessler and Rohrer among others, embraced Sal Culosi Sr.'s involvement, and worked with him on many details of policy



PHOTO BY TIM PETERSON/THE CONNECTION

Sal Culosi (left) and Nicholas Beltrante (right) attend the first meeting of the Fairfax County Ad Hoc Police Practices Review Commission in March 2015

changes ranging from how SWAT teams are deployed to "ready gun position." New policies were developed with his input, are available to the public and mark significant improvements.

NICHOLAS R. BELTRANTE, a retired D.C. homicide detective and Mount Vernon resident, founded Virginia Citizens Coalition for Police Accountability in 2010 in response to the shooting death of unarmed David A. Masters who was shot and killed by a Fairfax County Police officer on Richmond Highway and Fort Hunt Road on Nov. 13, 2009. Masters, a former U.S. Army Green Beret, struggled with mental health issues.

Beltrante decried the secrecy surrounding the Masters and Culosi cases among others, and began advocating for the formation of a civilian review panel.

He wrote to the Connection in 2012: "During the years 2010-2011, the CCPA has directed a number of letters to Chief David M.

Rohrer regarding these and other citizen allegations of police abuse, misconduct, and negligence. These letters have gone unanswered. As a result the CCPA began in January 2012 mailing letters of complaint to Fairfax County Board of Supervisors Chairman Sharon Bulova with the understanding they would be forwarded to Supervisor Gerald W. Hyland, the board's Public Safety Committee chairman, for appropriate action. In recent weeks the CCPA has written to Supervisor Hyland in an effort to determine what action, if any, he had taken. To-date, we have not heard from Supervisor Hyland.

"The apparent lack of accountability by various entities of the Fairfax County Government regarding these serious issues has caused many citizens grave concern and some have expressed their frustration by indicating their belief this may constitute a case of malfeasance."

Beltrante noted that no one, including the families of the deceased victims, had been able to obtain a police incident report despite the fact that the four cases were closed.

The establishment of a civilian review panel and an independent police auditor, both approved last year by the Fairfax County Board of Supervisors, plus changes in policies about use of force, transparency and crisis intervention, among many others, are major accomplishments.

The Culosis and Beltrante began the call for such changes many years before the death of John Geer. Geer's best friend, Jeff Stewart, also served on the Ad Hoc Commission. Stewart was present on the scene when his friend was shot dead. Stewart's voice was also critical on the commission. The personal involvement of these families and individuals in the process, plus the new openness of leadership in the FCPD, made all the difference.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Virginia General Assembly 2017

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

At noon on January 11 the sergeant at arms will enter the chamber of the House of Delegates carrying a 20-pound, 24-karat gold coated mace that he will place in a holder in the front and center of the chamber signifying that the House of Delegates is in session. That formality has been followed since the eighteenth century when it signified that Virginia was one of the British royal colonies. On the Senate side of the Capitol the Lieutenant Governor who is the president of the Senate will call that body to order. The Governor will address a joint session of the House and Senate that evening.

With all the history and pomp and circumstances that surround



COMMENTARY

a legislative session the list of issues before the Assembly is very up to date. The need for legislation related to Uber, Airbnb, and Tesla electric cars is likely to be heard within the context of new practices of commerce coming up against established traditions and turf. Lobbyists outnumber legislators more than six to one with some seeking to protect the status quo and others wanting new directions and innovation. The job of legislators is to determine the public good among conflicting interests.

Fortunately not all issues are earth-shattering. Many of the more than 3,000 bills and resolutions that will be considered this year are fairly mundane dealing

with the operation of government. Since localities have only the powers delegated to them by the General Assembly, there will be numerous "local" bills that may affect only a given local government. There is likely to be only 15 or 20 high profile bills that will get widespread press coverage and heavy public lobbying.

With the outcome of the national elections, the social conservatives will feel empowered to put in their bills to limit or eliminate legal abortions. The Governor is expected to veto these bills if they pass just as he did a year ago when he vetoed Virginia's version of North Carolina's HB2 permitting discrimination against LGBT persons. The national election experience last year will result in more bills to eliminate fraud from elections even though none has been

shown to exist in Virginia. These bills do keep many citizens from being able to register and to vote.

There is a strong citizen effort to have Virginia adopt an independent non-partisan redistricting law for which I have been advocating since the 1980s, but the party in power would have to relinquish their power for that to happen which makes the legislation a long shot. I and others will be introducing gun safety legislation, but the NRA grip on the legislature is firm. Hopefully more citizen involvement will help to loosen that hold and reasonable common sense bills can be passed.

The good news likely to be coming out of the session is that meaningful reform of Virginia's mental health system will take place and positive steps reforming public education will be enacted.

Reston
CONNECTION

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OPINION

Reston Association: Broom in 2017

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST



INDEPENDENT
PROGRESSIVE

Let's face it, 2016 was not a great year. We gotta hope 2017 will be better! Forget the national elections which left us with a President-elect whose closest foreign friend is Vladimir Putin and who is determined to make the White House a family profit center. I feel powerless in that arena. So, let's limit this conversation to an arena where we have a chance to bring change — Reston.

Let's look at our homeowners association, Reston Association. 2016 was a bad year for RA. The outlook is worse unless new folks are elected to the RA Board of Directors. If you're a Reston homeowner, in the last week you got a notice in the mail that your assessment is due and has been jacked up again, this time by a healthy forty-four dollars. The increases are driven by continuing wasteful spending on the Tetra "Lake House" acquisition and questionable legal services.

The Tetra matter raised such an uproar in the community that the RA Board agreed

to contract for a review of the overpriced acquisition and nearly \$1 million being spent to prepare the building for use. The Board drafted the contract scope of work and selected a well-qualified community group (MediaWorld) to review the acquisition process and cost overruns, identify problems, and recommend rules to prevent a recurrence. The MediaWorld proposal will cost \$1 U.S. But, instead of allowing staff to negotiate the contract, the Board assigned the task to the RA attorney who reports to CEO Cate Fulkerson. The attorney seems intent on torpedoing the contract. According to people close to the process, he refused the 4-page format used for a comparable contract, devising instead a 17-page document loaded with poison pill provisions limiting contractor independence, process transparency, and imposing financial penalties, e.g., \$2,000 per occurrence for

SEE LOVAAS, PAGE 8

The Absurdity of a New Reston Road Tax

BY TERRY MAYNARD, CO-CHAIR
RESTON 20/20 COMMITTEE

On Dec. 19, while most of us were getting ready for the holidays, a bare quorum of the County's Reston Network Analysis Group (RNAG), a group appointed by Supervisor Hudgins, met and voted by a narrow majority to endorse a new tax on Reston station area homeowners to help pay for future street improvements there. The vote was literally no more than an endorsement by a developer-dominated group of a totally unwarranted tax that will subsidize for profit development without a single community representative from the Reston station areas affected by the prospective tax.

The RNAG vote specifically endorsed a proposed Tax Service District (TSD) that imposes added property taxes of \$.021/\$100 valuation on all property owners, including residences, near Reston's Metro stations. As laid out by the county transportation department (FCDOT), residents will end up paying about 40 percent of the \$350 million in TSD taxes over the next 40 years, some \$140 million under a set of assumptions that grossly understate the likely costs residents will pay.

ABSURD COUNTY ASSUMPTIONS

And why? Because the Board of Supervi-

sors directed FCDOT to find a new revenue source to pay for improvements of the streets in and around Reston's station areas, of course, without asking if a new funding source were needed. Then FCDOT generated a phony \$350 million "gap" in Reston road funding over the next 40 years that could only be filled with some new tax revenue source—as directed by the Board.

The funding "gap" is based on a number of bogus assumptions. First, at the heart of this tax scheme is the absolutely incredulous assumption that the County is unable to re-allocate any of its current \$4 billion in annual County General Fund tax revenues to improve Reston's streets in and around the station areas. The amount that needs to be diverted each year is less than \$9 million, a sum that barely rates as a rounding error in the County budget.

Second, if for whatever cockamamie reason the County seriously believes it can't divert funds to improve Reston's streets to support massive development, it could ever so slightly raise the tax rate on any of several existing County-wide tax mechanisms to generate the needed funds. In a more perfect world, the Board could even twist developers' arms to have them pay for all the road improvements since they alone will profit to the tune of more than one billion

SEE 'FUNDING GAP,' PAGE 8

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WELLBEING

Weight Lifter Provides Tips To Keep Your New Year's Resolutions

BY FALLON FORBUSH
THE CONNECTION

Crunch Fitness at Reston Town Center expects 150 new members to join in January to conquer their 2017 New Year's fitness resolutions. But, statistically speaking, 85 percent of those people will stop within the first 90 days, according to Jamie Toombs, the gym's general manager.

It's Toombs goal to make sure his gym beats the industry average and to keep these new members—many of whom will be joining a gym for the first time in their lives—comfortable so they stay past 90 days.

By 2 p.m. on Friday, Dec. 30, 2016, 151 of the gym's 2,500 members had stopped by to work out, on track to increase by the New Year.

"People are motivated and may go too hard, too fast," Toombs says. "It's more about starting and building so you don't burn out and plateau."

Crunch gives new members a body assessment and two complimentary sessions with a personal trainer to make the gym a little less intimidating.

The Connection spoke with Cali Garner, the gym's fitness director, for more advice on sticking with your resolutions.

Garner speaks from personal experience.

Garner, who stands at 5 foot and 7 inches, teaches classes of all sorts—from Zumba to weight lifting. He is also a professional in bodybuilding. However, this was years in the making.

His fitness journey began in 2009 when he made a resolution to get back into shape after working a job during the third shift where he formed a habit of snacking to keep himself awake.

That year, he stuck to his commitment and went from 255 pounds to 189 pounds. And he hasn't stopped re-evaluating his goals ever since.

THIS YEAR, he has a goal of earning his pro card from the International Federation of Bodybuilders, which would give him the qualifications to earn money for his bodybuilding. This means he must win regional and national bodybuilding competitions.

He will compete in the National Physique Committee's Max Muscle VA Classic in Woodbridge on April 29.

"Most people know what they want the end result to be, but they don't know what's in between," says Garner.

He recommends breaking a goal into small portions and rewarding yourself for progress.

And if your goal is weight loss, it's counterintuitive to reward yourself with extra cheat meals.

Still, "five pounds at a time deserves a celebration," he says.

He recommends rewarding yourself with things that will make time at the gym more interesting. This could be an upgrade in headphones for each milestone or buying new water bottles or workout gear with pithy or motivational sayings.

"I see people fuss with their headphone wires and then over time they get bluetooth and then they end up wearing \$300 Beats," he says.

Garner says that it is impossible to "out-train a bad diet."

"Hand-in-hand, nutrition is 60 percent; resistance training is 30 percent; and cardio is 10 percent of losing weight," Garner says. "Tracking calories ensures you achieve your goals."

He recommends using calorie counting apps on



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Losing weight and getting in shape are two popular resolutions that people make at the beginning of a new year.

your smartphone to keep track, like dotFIT, MyFitnessPal or CalorieKing. The apps will tell you how many calories you should be eating in a day, according to how much you weigh and what your weight loss goals are.

"Cardio is great, but it won't get you your ideal body," Garner says.

For every pound of muscle someone has, 50 calories are burned while at rest per week. With 10 pounds of muscle, that equates to burning 500 calories, or an entire pound of fat, per week while at rest—for doing nothing.

"Second to nutrition, building muscle is more important than cardio when losing weight," he says.

PEOPLE WHO WORK OUT with someone else are 80 percent more likely to stick with it.

"Never be afraid to ask for help," he says.

Whether it be a trainer or a friend, having accountability is key. Social media can be an easy way to build accountability with strangers.

Garner posts photos on social media daily to track his fitness progress.

"If I miss a post, someone will comment and ask me where it is—and I may not even know who the person is," he says.

Garner has taken all sorts of fitness classes to keep his routine from going stale. Gym memberships can often include complimentary classes, like yoga, Zumba and Pilates.

Variations in work out will help keep your interest so you stay on track towards your goals.

Cali's 15-20 Minute Functional Training Workout

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- ❖ Dumbbell Curl and Press (curl into a shoulder press while standing)
- ❖ Inverted Row with TRX Suspension Bands
- ❖ Repeat Three Times

VIEWPOINTS

What is your New Year's Fitness Resolution and How Will You Keep It?

—FALLON FORBUSH

Briget Borges, 23, of Reston

"I mostly just want to stay consistent with eating right. I need to mindfully eat rather than emotionally eat. I will use MyFitnessPal [calorie counting smartphone app] or maybe I'll keep a journal."



Gary Ford, 54 of Reston

"I want to do a Tough Mudder [a 10- to 12-mile mud and obstacle course] and an IRONMAN triathlon. I have a workout plan. I bike, run, swim and take spin classes at Crunch and I do weights."



Jennifer Moffatt of Herndon

"I've decided to change up my work out because I've only been doing cardio for the last 20 years. I'm scheduled to work with a personal trainer the first week of the year to learn about weights."



Keats Nicoll, 57, of Oakton

"I've been doing this for a long time, but I am trying to be more scientific about my goals and lose a little fat. I work out with a trainer three times a week. The key is to stay consistent."



News

Registration Opens for Reston Encore Chorale's Winter/Spring Session

Registration is open for the Winter/Spring session of the Encore Chorale at locations in Northern Virginia and singers of all vocal experience, age 55+, are welcome to join. Fifteen weekly rehearsals will begin the week of Monday, Jan. 9, 2017 at the following locations.

* Encore Chorale of Reston – Rehearsals begin Tuesday, Jan. 10 at 2 p.m. at RCC Hunters Woods in Reston. Fee is \$185 for Reston residents/\$320 for non-residents for 15 weekly rehearsals, sheet music, CD in your music part and performances.

* Encore ROCKS Reston- Rehearsals begin Thursday, Jan. 12, 2017 at 6:30 p.m. at St. Anne's Episcopal Church located at 1700 Wainwright Drive, Reston. Fee is \$175 for 15 weekly rehearsals, sheet music, CD in your music part and performances.

There are no auditions and singers may be seated for rehearsals and performances. Singers will rehearse each week for 90 minutes in preparation for May performances. The spring repertoire for

Encore Chorale includes Porgy & Bess, Va Pensiero, Les Miserables, Do, Lord Remember Me, and more. The conductor is David Lang. The Spring repertoire for the ROCKS choruses includes favorites like, All You Need is Love by the Beatles, Longest Time by Billy Joel, Forever Doo Wop and Rock On—a medley of hits from the 50's & 60's.

Singers may register at the first rehearsal or online at www.encorecreativity.org. Call 301-261-5747 for more information.

Encore currently has 15 Encore Chorales and 5 Encore ROCKS choruses in Virginia, Maryland and Washington, D.C. serving more than 1000 singers, and 11 affiliate chorales nationally.

Encore Chorale is the largest growing choral music program for older adults in the country. For more information, visit the Encore website at <http://encorecreativity.org>, call 301-261-5747 or email info@encorecreativity.org

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‘Funding Gap’ Based on Bogus Assumptions

FROM PAGE 5

dollars per year over the next four decades. Another special tax on Reston homeowners (on top of the existing community-wide special tax district charging \$.047/\$100 valuation to fund the Reston Community Center) or any part of them is totally unwarranted; the street improvements are merely a fabricated excuse.

Third, the TSD proposal ignores the order of magnitude growth in the taxable value of planned Reston station area development over the next four decades. Right now, Reston’s station areas are valued at about \$6 billion. Four decades from now they will likely be valued at more than \$60 billion, and maybe as much as \$90 billion, based on long-term area experience. Even without a rate increase, that means the County will collect over \$11 billion in basic property taxes from Reston’s station areas over the next 40 years, an average of more than one-quarter billion dollars in Reston station area taxes per year even without the TSD. Surely three percent of those \$11 billion-plus revenues could be used to fund Reston’s road improvements.

Fourth, don’t fool yourself into assuming those new TSD tax funds will just be added to Reston’s current transportation funding level. The bulk of the added tax revenue generated by this TSD tax stream will most likely be offset by the County’s diversion of much of its current Reston station area transportation funding to other areas of the county.

And, once the tax is approved, station area residents will be stuck:

❖ This tax doesn’t require a referendum approval, just the approval of the tax-ravenous Board of Supervisors, backed by the pre-holiday endorsement of the phony Reston Network Analysis Group.

❖ There is nothing to keep the Board of Supervisors from raising the TSD tax rate—and residential tax burden—just as it has with a similar TSD in Tysons.

Lovaas

FROM PAGE 5

breaches or perceived breaches of confidentiality—effectively in perpetuity! All this for a contract with community volunteers, costing \$1 to do a public report for RA membership! MediaWorld is trying to negotiate, but I doubt they can accept this. And money is still gushing down the Tetra sinkhole.

Meanwhile, the RA Governance Committee seems intent on killing the proposed strengthening of the ethics policy for the RA Board. In this case, a contractor was actually hired and submitted a draft for ethics reform following community complaints about

❖ Finally, there is no sunset provision on the TSD proposal. When that initial roadway investment is completed, station area homeowners will continue to pay the TSD tax indefinitely.

Stop the Scam: Restonians Pay while the County Collects Forever

And there you have the massive scam of the alleged “gap” in Reston station area street improvement funding. There really is no “funding gap.” There is just another County scheme to pick homeowners’ pockets. It reflects the Board’s refusal to put an additional penny into Reston streets despite billions of existing and future tax dollars sources. At the same time, Restonians will face worse traffic by virtue of the County’s explicit intent to lower traffic flow standards such that intersection delays will nearly double during rush hour.

The notion of a Reston station area “funding gap” is a swindle perpetrated by the Board to justify the creation of another tax revenue stream unrelated to any legitimate new tax funding need. As a Restonian, whether or not you live in a Reston station area, you need to oppose this preposterous County tax scheme.

❖ You can do so by contacting Supervisor Hudgins’ office (Catherine.Hudgins@fairfaxcounty.gov) and telling her that you are against the Board’s imposition of this unnecessary and unfair tax.

❖ You can also sign the petition on Change.org (<https://www.change.org/p/fairfax-county-board-of-supervisors-stop-the-tds-road-tax-on-reston-metro-station-area-residents>) calling for the defeat of this absurd tax.

❖ And you can testify at the upcoming Reston Network Analysis Group community meeting in January (date & place TBD), the Board of Supervisors public hearing on the RNAG funding plan (Feb. 28, 2017), and the Board’s public hearing on the specific TSD tax rate proposal in March (date TBD).

Please step up and help stop this unwarranted additional special tax on Reston station area homeowners.

questionable ethics and lax ethics policy. The draft needs work, but is languishing with a barely functioning Governance Committee.

Secrecy is highly valued by the current RA leadership.

What can you do about it? You can bring needed change and accountability. Pick up a candidacy form at RA and run for a seat on the Board!

Four RA Board seats are coming open: At-Large, North Point, Hunters Woods/Dogwood, and the Apartments Rep. Candidate applications must be submitted by Jan. 27. Voting takes place March 6 – April 7.

CALENDAR

Send announcements to www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Shepherd’s Center of Oakton Vienna Caregivers Support Group Meetings are the first and third Thursdays of every month, i.e. January 5th and 19th, 2017 from 10:00 a.m to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Rd, Oakton. All caregivers are welcome to come for support anytime. For more info contact facilitator, Jack Tarr, 703-821-6838, jtarr5@verizon.net Lynn Rafferty, 703-508-1365 radmom8992@gmail.com

All-comers Group Fun Run at Potomac River Running Every Tuesday and Thursday, 6:30 p.m. For beginners or competitive runners, come out for a free, fun, low-key run that’s safe and social. 703-689-0999 potomacriverrunning.com

Random Acts of Art by Sharon Wright Pound at the Reston Community Center at Lake Anne. This exhibit features a range of representational and abstract paintings that exemplifies Sharon’s varied artistic interests. Her work is on exhibit from Jan 4 - Feb 6 at the Rose Gallery in the Reston Community Center at Lake Anne, 109A Washington Plaza, Reston. Visit her portfolio website at <http://www.sharonpoundart.com>

LRA PenFed Realty Hosts Sievers’ Paintings The League of Reston Artists is showing the oil paintings of Ruth Sievers during December 2016 and January 2017 at the office of PenFed Realty, 1886 Metro Center Dr. Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. www.leagueofrestonartists.org

Explorations in Color Exhibit Featuring Artist Kristin Herzog December 7, 2016 - January 8, 2017. ArtSpace Herndon, 750 Center Street, Herndon. Explorations in Color is an exhibit featuring abstract paintings executed in vibrant color. Kristin Herzog’s paintings are all about color and its power to convey emotion. With color she explores her reactions to the physical and emotional landscapes of daily life. For more information call 703-956-9560. www.artspaceherndon.com

“A Bird in the Hand” through spring 2017 Reston Town Square Park, 11990 Market Street, Reston Town Center. See and explore Patrick Dougherty’s monumental public art sculpture made from tree saplings. Presented by GRACE in collaboration with IPAR. 703-471-9242 restonarts.org

PenFed Realty Hosts Sievers’ Paintings during January 2017 at the office of PenFed Realty, 1886 Metro Center Dr. Reston. The exhibit is free and the office is open to visitors Monday through Friday from 9:00 am – 5:00 pm. Visit the LRA web site at www.leagueofrestonartists.org for more information on this and other events.

Little Hands Preschool Art Class at Greater Reston Arts Center Saturdays, January 7 - 28, 10 - 11 a.m. Introducing young children to art by having them explore new artwork, materials, and skills each week. Four weeks of classes cost: \$80

for Reston residents, \$120 non-residents. 703-471-9242 restonarts.org

Exercise for Parkinson’s Every Monday, 1:15 - 2:15 p.m. Reston Sport&health, 11445 Isaac Newton Square, Reston. This program brings together people impacted by Parkinson’s Disease to participate in various physical exercises aimed at improving posture, balance and circulation and increasing strength, muscle control and mobility. Free.parkinsonfoundation.org. ckacenga@sportandhealth.com 703-621-4148.

Teen and Adult Art Classes ArtSpace Herndon Every Monday from 5:30 - 8:30 p.m. 750 Center Street, Herndon. Drawing and Mixed Media with Melanie Stanley - During Fall and Winter of 2016. Cost: \$45/class. The class will use a variety of techniques for drawing, painting, mark making, and collage using fine arts tools and materials. Students will be taken down a creative path to learn to use drawing tools and brushes more effectively. Register by emailing Melanie, and she will send you the supply list and payment options/information: ridingfree2@gmail.com. 703-956-9560. www.artspaceherndon.com

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 <https://potomacriverrunning.com>.

Herndon Regional Wind Ensemble Practice. Every Tuesday 7-9 p.m. through May. Herndon Middle School, 901 Locust St., Herndon. For advanced high school students, college students, and adults who play a brass, woodwind or percussion instrument. 703-904-4800 HerndonRegionalWindEnsemble@gmail.com

Senior Tea ARTSPACE Herndon 10:30 - 12 p.m. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea on the second Friday of the month, from 10:30 a.m. to 12 p.m. 750 Center Street, Herndon. All teas are free and open to the public. <http://www.artspaceherndon.com/events-2/senior-tea/>

College Night Skate, Rock N Skate, Cartoon Skate at the Ice Skating Pavilion

Every Thursday, 6 - 9 p.m. - Every Friday, 8 - 10 p.m. Skate Shop, 1818 Discovery Street, Reston Town Center. 11900 Market Street. Receive \$2 off admission with valid college ID. Live DJ & music, games & prizes; skating continues until 11 pm. Share the ice with Scooby-Doo, Cat in the Hat and more. 703-709-6300 skating@restontowncenter.com restontowncenter.com/skating

Ice Skating in the Pavilion 8 a.m. - 11 p.m. open daily, November until March

THURSDAY/JAN. 5

IIIT Lecture “American Muslim Youth: Challenges Surrounding Identity and Well-Being” 5:30 - 7 p.m. IIIT Library 500 Grove St., Suite 200, Herndon.

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor
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1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: reston@connectionnewspapers.com

News

Performers in "The Pursuit of Harmony" in Reston Community Center's Martin Luther King, Jr. Day celebration weekend, from left, Alaa Alshaham and Michael Hunter Ochs.

PHOTOS COURTESY OF RESTON COMMUNITY CENTER



Celebrating Dr. King's Legacy

Reston to celebrate Dr. Martin Luther King Jr's Birthday with weekend of events.

By DAVID SIEGEL
THE CONNECTION

The Reston community will continue its over three decades of celebrating the birthday of Dr. Martin Luther King Jr. "The Reston Community Center is committed to celebrating the life and legacy of Dr. Martin Luther King Jr.," said Paul Douglas Michnewicz, arts and events director, Reston Community Center (RCC).

The 2017 Martin Luther King Jr. celebration will be over a 3-day period. There will be inspiring performances, an insightful Keynote Address by Pulitzer Prize recipient Eugene Robinson, enlivening, dialogues, community service and other activities.

The Martin Luther King Jr. Holiday was established Nov. 3, 1983, when President Ronald Reagan signed a bill establishing the 3rd Monday of every January as the Martin Luther King, Jr. National Holiday, beginning in 1986.

One of the scheduled events is a performance by "The Pursuit of Harmony." The world renowned Jewish-American songwriter Michael Hunter Ochs and award-winning Muslim Palestinian peace activist/songwriter Alaa Alshaham will present an evening of music. Along with personal stories, photographs and videos, the two will also speak about their improbable friendship as well as performing together at the United Nations.

In interviews, Ochs and Alshaham noted that through the message of hope in their music and friendship they could "challenge the status quo...and use their voice to effect positive change." "We want people who attend to almost feel like they've taken a journey with us," said Alshaham. "Maybe we could inspire others to seek such friendships in their communities," added Ochs.

The Martin Luther King Jr Day keynote address will be given by Eugene Robinson. He is a Pulitzer Prize-winning journalist and writes for the Washington Post.

"Eugene Robinson has been speaking truth to power about race relations in America for a generation," said Michnewicz. Robinson's insightful perspective is based upon witnessing and reporting events here in America and abroad. The author of "Disintegration: The Splintering of Black America" (2010), his remarks are expected to present his understanding of race relations in the United States including why popular conceptions are now obsolete.

At the conclusion of Robinson's keynote address there will be the annual Reston Community lunch held in the RCC Community Room.

Inviting residents to the Reston weekend to celebrate and honor Martin Luther King Jr. Paul Michnewicz said, "This is what an integral community center is supposed to do. There is no better way to commit to Dr. King's work than to build a strong and supportive community."



Eugene Robinson, Keynote Speaker on ,Martin Luther King Jr. Day at Reston Community Center.

Where and When

Three-days of events for Reston Martin Luther King Jr. Birthday Celebration; Jan. 14-16, 2017. For information about performances and events call 703-476-4500 or visit www.restoncommunitycenter.com. Events include:

❖ "The Pursuit of Harmony" at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston. In partnership with the Northern Virginia Hebrew Congregation and All Dulles Area Muslim Society (ADAMS), Performance Jan. 14, 2017 at 8 p.m. Tickets: \$5 Reston/\$10 non-Reston. Call 703-476-4500 or visit www.restoncommunitycenter.com

❖ Keynote address by Eugene Robinson at CenterStage, Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston. Event on Monday, Jan. 16, 2016 at 12 noon followed by Community Lunch. Tickets: \$5 Reston/\$10 non-Reston. Call 703-476-4500 or visit www.restoncommunitycenter.com.

❖ Note: After the community lunch, there will be an interactive workshop titled "Building Bridges" – A Tool Kit for Finding Common Ground led by Lisa Sechrest-Ehrhardt, PhD, MSW, LGSW on Monday, Jan. 16 from 3 to 4 p.m. Free, separate registration required.

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I Digress, Yet Again



By KENNETH B. LOURIE

I went to my local Giant supermarket the other day, a trip I make regularly, so regularly that I deserve a close-in, employee-of-the-month-type parking space. Unlikely as that may be, I do get to park in a special close-in L.E.V., ("low emitting vehicle") space when I drive the Honda which is a 'low emitting vehicle.' (This Giant was built with special "Green" amenities.) Not that I couldn't use the exercise if I were to park further away and actually walk a little bit. Nevertheless, between the chemotherapy-induced neuropathy in my feet and the associated fluid build-up in my legs — and feet as well, walking, even short distances, is hardly a comfortable stroll. Nor is it a walk in the park.

Once inside the store though, I am less inhibited by my condition — or merely just focused on the shopping task at hand, particularly so when I find myself sauntering down and perusing the candy/cookie aisle, where my presence is a fairly familiar sight. In fact, if the candy/cookie aisle could talk, "You again" would be what it say upon seeing me taking inventory. And as I was doing my due diligence this day: checking availability, price and variety — and taking my time doing so, an employee working in the same aisle who must have noticed my deliberation asked quite innocently and sincerely if I needed any help. Realizing that I was the only customer in the aisle and that the employee must have been talking to me, I started snickering and laughing to myself and did not immediately respond to his offer of assistance. Soon enough though, I turned around, smiled and said: "No. I don't need any help. If there's one place in the supermarket where I don't need any help, it's this one. Every other aisle, not so much. But candy and cookies, I can handle. Thanks anyway though."

I ended up buying two medium-sized bags of mint M&Ms which were on sale, the purchase of which were made more enticing after I noticed a coupon dispenser nearby distributing an additional \$1.50 off-two coupons. That was all the inducement I needed. Not that I'm necessarily driven by sales and coupons but, given my tendencies — and cash flow, the only self-control I can successfully impose on myself, is price. I won't buy the item unless it's on sale and then I can't stop myself from buying it. Moreover, if I have a coupon as well and the item is on sale, well, it's "Katie bar the door." The only question is: how many coupons do I have? However, if the item is not on sale and I also don't have a coupon, then unless I'm desperate — which occasionally I am, I can withstand the temptation and not buy the item, usually. Such is life in the chocoaholic lane.

Unfortunately, the chocolate problem continues once I get home, that is if it hasn't already reared its ugly head in the car while sitting in the parking lot after I've finished my shopping. (And what's worse, my drive home is barely five minutes. Yet sometimes, it's too long to wait.) Once inside the house, not immediately though, I'll probably start getting urges. I rationalize these urges by insisting that I need to eat the candy/cookies so I won't have the candy/cookies in the house, thereby eliminating said temptation. However, the problem isn't exactly solved; it's just recreated, so to speak. Once I've eaten all the candy/cookies in the house, and there are no more candy/cookies in the house, I need to go out and get some because — there are no candy/cookies in the house. Ergo, my regular visits to the Giant. It's not pretty, but it is predictable.

I wouldn't say I'm a man on a mission, but I am a man on sugar. And though I certainly realize that cancer and sugar are bad together, Kenny without sugar — and with cancer, might actually be worse.

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

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Women's Legislative Roundtable Previews Upcoming 2017 Legislative Session

The League of Women Voters of Virginia (LWVVA) sponsored the Pre-Session of the Women's Legislative Roundtable, (WLRT) on Wednesday, Dec. 7, 2016, at the State Capitol in Richmond. Presentations were made by 17 representatives of nonprofit organizations and from secretaries of Governor McAuliffe Cabinet. They gave short and informative speeches on their areas of expertise before an audience of about 130 people, including Leaguers and friends. This annual event provides an opportunity for attendees to learn about what other groups will be advocating for and what cabinet members expect will occur during the upcoming General Assembly (GA).

The subjects covered were as diverse as the state budget, women's rights, voting rights, election laws and voter protection, equality for lesbian, gay, bisexual and transgender LGBT Virginians, issues of Latinos, redistricting, transparency, public safety, criminal justice reform, juvenile justice, domestic and sexual violence, mental

illness, poverty, decriminalization of marijuana, civil forfeiture, police reform, and conservation of natural resources. The common thread in many of these speeches was the need for justice and fairness.

Ric Brown, the Secretary of Finance, said that a potential \$1.5 billion budget shortfall is being expected due to lower-than-expected income and sales tax collections. To handle this shortfall, Gov. McAuliffe asked Executive Branch agencies to make budget cuts. These have included delaying grant payments and new positions, eliminating 26 current positions, canceling pay raises, trimming the state's payroll in other ways, and using the rainy day fund. Virginia is an income tax state so it is difficult to project income inflows. Medicaid Extension is not in the budget.

Secretary of Administration. Nancy Rodrigues, Secretary of the Commonwealth, Kelly Thomasson, and Secretary of Natural Resources Molly Joseph Ward all thanked the League for its nonpartisan efforts for

voter rights. The Commissioner of Elections, Edgardo Cortes said a record number of Virginia voters registered online and voted. According to Co-President Lois Page, "We were awed once again by the compassion, determination and dedication of these civic activists, who want what is best for all Virginians."

What does the WLRT do?

This informational forum is where legislators and non-profit organizations' representatives talk about pending legislation and issues of concern. The LWVVA will moderate the WLRT forums, which start at 8:30 a.m. on Wednesdays, after the GA convenes on Jan. 11, 2017. The first WLRT meeting will be held in Richmond on Jan. 18, 2017. You are welcome to attend these meetings.

The League of Women Voters of the Fairfax Area is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues.

To learn more about this organization, visit www.lwv-fairfax.org.

OBITUARY

Former Reston Resident Eleanor Christine Ingram Mallette, 92, Dies

Eleanor Christine Ingram Mallette, 92, of Croasdaile Village Retirement Community, died on Tuesday, Nov. 29, 2016. Born in Arden, N.C. Eleanor was the daughter of the late Viola Lenora Causey of Pleasant Garden and Sidney Oscar Ingram, Sr. of Asheville. She grew up on Long Shoals Road in Arden, along the banks of the French Broad River, and in that river she learned to swim.

Eleanor graduated as salutatorian from Valley Springs High School in Skyland, N.C. in 1941 and earned her A.A. in Secretarial Science from Mars Hill College in 1943. While at Mars Hill she was a member of the basketball team, swimming club, Buncombe County club, business club, and served as a society officer and Friendship Circle Leader. In April 1944, Eleanor lost her father in an automobile accident not far from the family homestead.

Later in 1944, she began working as a secretary to an Army colonel in the Air Communications Service based in Asheville. An officer reporting to her colonel had been drafted into service during his junior year of college, was tasked with writing the history of the Army Air Corps, and was assigned a desk near hers. The officer, Malcolm Mallette, too shy to ask her out himself, asked a buddy to call her to express his interest. She said if he wanted a date, he'd have to ask her himself. He did get up the nerve to talk to her and asked her out. Eleanor and Mal got married in

September 1946 after his discharge and the newlyweds lived in Syracuse until he finished his journalism degree at Syracuse University in January 1947.

/Asheville became Eleanor and Mal's home base as Mal played professional baseball through 1952; first with the New York Yankee organization and then the Brooklyn Dodgers. During the season, Eleanor was known to jump in the car and drive by herself to see Mal play, once driving from Asheville to Kansas City.

/Between 1950 and 1958, Eleanor and Mal had three sons. She would laugh about the big babies she had given birth to and how their size helped them all become good athletes. Eleanor was the ever-present supporter at their swim meets, tennis matches, baseball and basketball games. She was proud of her "three boys" and enjoyed talking about and sharing their achievements.

Post/baseball, Mal's/journalism career took the/family to/Asheville; Winston-Salem; Paramus, N.J.; and, Reston, where they lived from 1974-1999. While not an avid exerciser, Eleanor welcomed each summer and time at the RHOA pools and was known to do a lap of backstroke from time to time.

After Mal's retirement, and with some encouragement from their three sons, Eleanor and Mal moved to Durham's Croasdaile Village Retirement Community in August 1999. As part of the first group of residents, they quickly adapted to life at Croasdaile

and enjoyed the social aspects of living in a retirement community.

Eleanor was predeceased by her husband Mal and her eldest son, Gary Malcolm Mallette. She was also predeceased by her parents; her sisters Margaret Helen Ingram and Grace Viola Ingram Fritts; her brother Sidney Oscar Ingram, Jr.; her half-sister Frances Hayman Brown; step-sisters Beulah Estelle Ingram and Blanche O'Neal Ingram Lunsford; and, stepbrother G. Orison Ingram.

/She is survived by her sons Bruce and wife Julie Rice Mallette of Cary, N.C.; and David Mallette and wife Melinda Stubbee of Durham, N.C.; nine nieces and one nephew.

/The family thanks the many Croasdaile Village staff and departments who cared for Eleanor throughout her 17 years as a resident there. Thanks are extended also to the entire medical team at Duke University Medical Center who saw Eleanor many times over the years, and especially to the Emergency Department and General Medicine team for their support of Eleanor and the family over the last few days. ///

Memorial donations can be made to education activities at Save The River, Clayton, N.Y. or the National Baseball Hall of Fame, Cooperstown, N.Y. or a charity of your choice./The Mallette family is under the care of Hall-Wynne Funeral Service. Email condolences can be sent to/ www.hallwynne.com.

BULLETIN BOARD

To have community events listed in the Connection, send to connectionnewspapers.com/Calendar/ by noon on Friday.

DelJBoysko@house.virginia.gov.

WEDNESDAY/JAN. 11

Learn About the Consolidated Community Funding Pool 1:30 - 3:30 p.m. Taking Place at The Jo Ann Rose Gallery Reston Community Center Lake Anne 1609-A Washington Plaza, Reston. Our January 2017 FCIA Network Meeting will focus on Consolidated Community Funding Pool (CCFP) priorities in preparation for the next CCFP funding cycle. FCIA Network Meeting

attendees will dialogue about the types of services for which there is a continuing need, current service gaps, and emerging needs. The CCFP funds local nonprofit organizations to provide human services, affordable housing development and construction. Priority-setting is the first step of the next funding cycle. Once set, a request for proposal will be issued in the fall of 2017. Awards will be announced the following spring. Total funding in FY 2017 was 12.5 million dollars. **Please note, this meeting WILL NOT take place at the Government Center.**



*Are We Keeping
the Promise?*

Reston Dr. Martin
Luther King Jr.

BIRTHDAY CELEBRATION

January 14 – 16, 2017



**The 32nd Annual Reston
Dr. Martin Luther King Jr. Birthday Celebration
featuring keynote speaker Eugene Robinson.**

**“Life’s most persistent and
urgent question is: What are
you doing for others?”**

- Dr. Martin Luther King Jr.

Saturday, January 14

COMMUNITY SERVICE PROJECTS

9:00 a.m. • Free

Southgate Community Center
12125 Pinecrest Road, Reston, VA

To volunteer, contact Ha Brock, Reston Association's
Volunteer & Community Outreach Coordinator:
703-435-7986 or habrock@reston.org.

RESTON COMMUNITY ORCHESTRA 11TH ANNUAL MEMORIAL TRIBUTE

4:00 p.m. • Free

RCC Hunters Woods

THE PURSUIT OF HARMONY

8:00 p.m. • \$5 Reston/\$10 Non-Reston

RCC Hunters Woods • the CenterStage

Sunday, January 15

VOICES OF INSPIRATION

4:00 p.m. • Free

Northern Virginia Hebrew Congregation
1441 Wiehle Avenue, Reston, VA

Monday, January 16

KEYNOTE: EUGENE ROBINSON

COMMUNITY LUNCH

12:00 p.m. • \$5 Reston/\$10 Non-Reston

RCC Hunters Woods

ESPECIALLY FOR YOUTH

11:30 a.m. • Free

RCC Hunters Woods

Ages 6-12 • Reg. Required • 704750-7A

BUILDING BRIDGES – A TOOLKIT FOR FINDING COMMON GROUND

2:30 p.m. • Free

RCC Hunters Woods

Ages 16+ • Reg. Required • 704765-7A

Tickets to Pursuit of Harmony and Eugene Robinson may be purchased at the CenterStage Box Office. Registration required for Especially for Youth and Building Bridges.

Visit www.restoncommunitycenter.com for an up-to-date schedule of events or
contact Kevin Danaher, Community Events Director, at 703-390-6166 for more information.



RESTON COMMUNITY CENTER

To request reasonable ADA accommodations, call 703-476-4500, TTY 711.

