

Scott Fricker and his wife, Buckley Kuhn Fricker, the Reston couple who lost their lives in a senseless act of violence on Friday, Dec. 22, 2017, while protecting their family.



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# Reston Couple Remembered As 'Earth Angels'

Family, friends, and neighbors mourn Scott Fricker and Buckley Kuhn Fricker.

By MERCIA HOBSON  
THE CONNECTION

Condolences and remembrances poured in verbally, by email, and through online condolences sites recognizing the positive spirit and giving hearts of Buckley Anne Kuhn Fricker, Esq. and Scott Spillane Fricker, Ph.D., the Reston couple who lost their lives in a senseless act of violence on Friday, Dec. 22, 2017, while protecting their family.

Buckley Kuhn Fricker left behind her parents, Janet Kuhn and Ira F. Kuhn Jr., and her brother, Reed Calvert Kuhn. Kuhn Fricker was an attorney with a background in Elder Law and Estate Planning. She founded Buckley's for Seniors, LLC and according to the company website put her name in the company title because she wanted the business to reflect her standards of excellence.

Her obituary states: "Rather than pursuing an active law practice, Buckley founded Buckley's for Seniors, a company that provides services for homebound seniors, allowing them to continue to reside in the community."

Scott Fricker was the son of John and Sandy Fricker of Burlington, N.C., the brother of Jason Fricker of Charleston, S.C., the father of Elliot Auden Fricker, and stepfather to Kelly Sizemore Kuhn and Amelia Sizemore Kuhn Fricker. Professionally, Fricker was a senior research psychologist for the United States Bureau of Labor Statistics, but as written in his obituary, "Scott's greatest enjoyment was being a loving and involved family member."

**AMONG MANY CONDOLENCES**, two common phrases stood out describing the Reston couple: always going the extra mile and radiating smiles.

Sharon Rainey worked with Buckley Kuhn Fricker. When asked to comment about Kuhn Fricker, Rainey described by email that she was "...kind, open, giving, compassionate, bright, knowledgeable, of service to anyone and everyone she met...Buckley didn't have an unkind word or thought for anyone...Her smile radiated... Buckley was a source of light, of good, of kindness. She was an earth angel."

Karen M. McPhail, managing director, Eldementals, LLC Geriatric Care Manage-

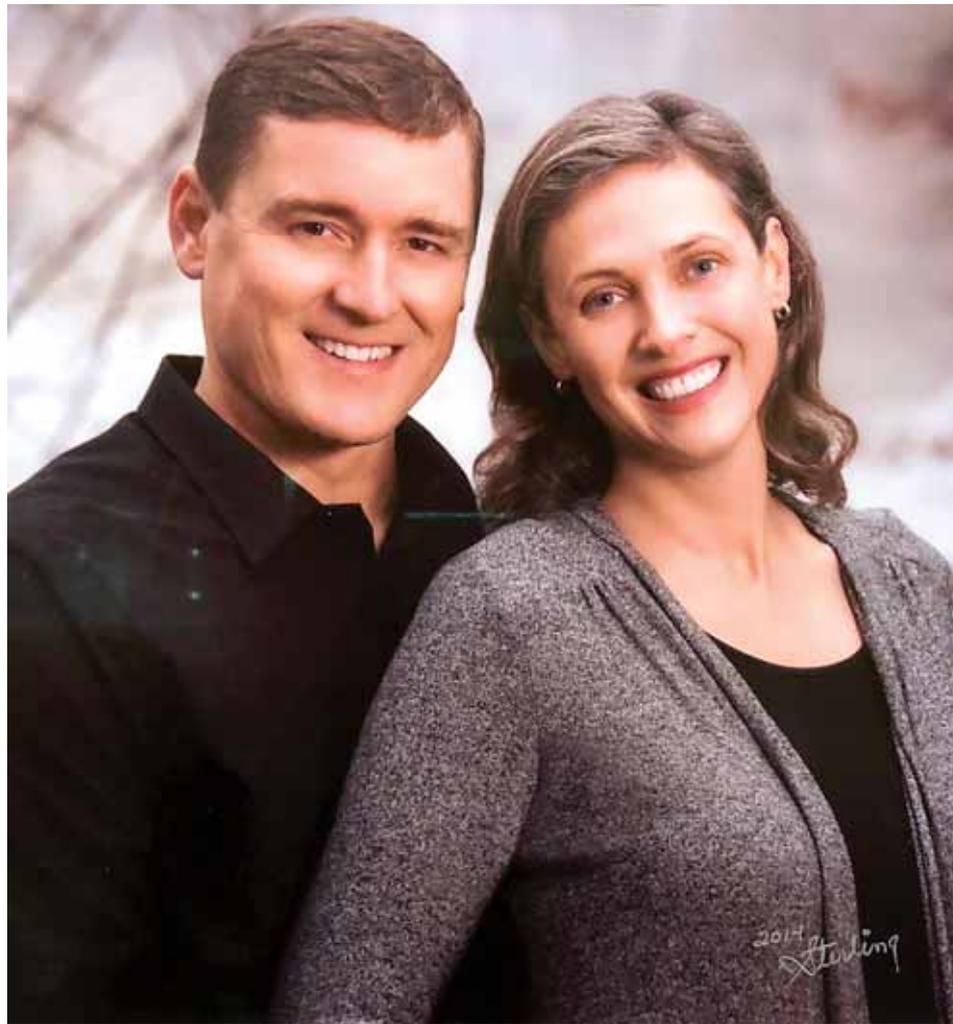


PHOTO COURTESY OF ADAMS GREEN FUNERAL HOME AND CREMATORIUM  
**Scott Fricker and his wife, Buckley Kuhn Fricker.**

## Lorton Teen Charged with Murdering Reston Couple

Homicide detectives obtained petitions charging a 17-year-old Lorton boy with the murders of Scott Fricker and his wife, Buckley Kuhn-Fricker.

The suspect was the third person shot at the scene of the Dec. 22 double murder in the 2600 block of Black Fir Court in Reston. His injuries were self-inflicted and he remains in the hospital in life-threatening condition. He is under police guard, according to Fairfax County Police Department.

The preliminary investigation determined the suspect, who knows the residents of the home, got inside and was

then confronted by the couple. The suspect shot them both and then himself.

Four other family members who were home at the time of the shooting were not hurt. Victim Services Section has been assisting them as needed.

The petitions will be served on the suspect at a time yet to be determined, depending on his medical condition. His identity is not being revealed due to his age.

As detectives continue to investigate this double homicide, they ask anyone with information to call non-emergency line at 703-691-2131.

ment, Care Advisor, Healthcare Consulting and Advocacy Services wrote: "As an aging life care manager, I knew Buckley personally and professionally... Buckley was an amazing support, advocate, and resource...Our lives were truly changed and impacted positively due to her kindness, compassion, and expertise."

Susan Smit of Chantilly wrote in her condolences: "Buckley was such a Miracle Worker for the people she represented and cared for. She had the gift of compassion and honesty that made the situation shine even when things were out of control. We lost a true Angel."

In his condolences Jeff Costantino of Denver, Colorado wrote, "I knew Scott in high school when we both worked at Erol's in McLean. He was very friendly and kind, plus fun to hang out with when things got a little boring at the store." Ann Brown-Collier, McLean, wrote that she and her family have wonderful memories of Scott from their McLean days — from the early Lewinsville... "Now our hearts are broken with you."

Kathi Brown, OF Oakton, wrote that when she saw his name at a recent conference, she immediately recalled Scott playing soccer with her brothers. "Although I didn't really know Scott, he was so friendly and gracious when I recognized his name at a conference a few years ago, and introduced myself. I'm glad that I had a chance to briefly experience the fun, warm charisma that everyone here seems to be recalling."

In an email exchange, Julie Lopez, District of Columbia shared: "Scott Fricker was a person who stood out. He was always smiling and laughing a lot. He and I were on a very competitive Division 1 summer swim team together in McLean for our entire childhood... As we got older, Scott grew into a leader. He encouraged younger swimmers... I remember many instances when he would take extra efforts... He did that kind of thing for a lot of people...I'm not surprised in his efforts to protect his family."

**INSTEAD OF FLOWERS**, the Fricker family suggested that a prayer be said for all affected by this tragedy and to treasure the moments we have with one another.

Kuhn Fricker's family suggested that instead of flowers, a donation is made to the National Alliance on Mental Illness (NAMI) in the name of Buckley and Scott Fricker.

### BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

#### WEDNESDAY/JAN. 24

**Public Hearing – Planning Commission.** 7:30 p.m. in the Board Auditorium of the Fairfax County Government Center,

12000 Government Center Parkway, Fairfax. The Board of Supervisors authorized the consideration of a Comprehensive Plan amendment for the Sunset Hills Road realignment. The adopted plan for this area recommends three different options for how the intersection of Sunset Hills Road and Hunter Mill Road could be modified. The Board of Supervisors requested that staff consider a realignment of Sunset

Hills Road to Crowell Road as a replacement to these three options. The proposed Plan Amendment recommends that Sunset Hills Road be realigned to Crowell Road and that a roundabout be considered as the intersection control. Visit [www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment](http://www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment) or [www.fairfaxcounty.gov/planningcommission/](http://www.fairfaxcounty.gov/planningcommission/).

#### TUESDAY/MARCH 6

**Public Hearing – Board of Supervisors.** 4 p.m. in the Board Auditorium of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Board of Supervisors authorized the consideration of a Comprehensive Plan amendment for the Sunset Hills Road realignment. The adopted plan for this area recommends three

different options for how the intersection of Sunset Hills Road and Hunter Mill Road could be modified. The Board of Supervisors requested that staff consider a realignment of Sunset Hills Road to Crowell Road as a replacement to these three options. The proposed Plan Amendment recommends that Sunset Hills Road be realigned to Crowell Road and

SEE BULLETIN, PAGE 5

# Session Brings Sea Change

Wave election swamps Richmond with freshman members eager to make their mark.

BY MICHAEL LEE POPE  
THE CONNECTION

**T**his year's General Assembly will be like no other. For starters, the members walking the halls of the Capitol will not look the same. The crop of freshman includes the first transgender woman to serve in the Virginia General Assembly, the first lesbian, the first Asian-American woman and the first two Latinas. Gone are the 12 Republican members who were unseated, all white males. Also gone are the three members who got out before the bloodbath that flipped their seats from red to blue, also all white males. In their place is a diverse and young group of new members who are eager to make their mark on the commonwealth.

At the top of the agenda for the Democratic freshmen is expanding Medicaid to 400,000 people who would be eligible under the Affordable Care Act.

"I think what's really important for us, as Democrats, is to identify on the other side who we could have come over and join us," said Kathy Tran, who flipped a formerly Republican seat held by Del. Dave Albo (D-42) for more than 20 years. "We're going to have to reach out and basically identify who's really vulnerable and who's going to be in a position where they're going to have to be supporting the progressive values that were voted in as a wave across the commonwealth."

Even if they're successful navigating the diminished House Republican caucus, House Democrats will still have to deal with a Republican-controlled Senate. But the culture in the Senate is more moderate, and Republican senators have a history of supporting bills that have been routinely blocked in the House.

For example, Senate Republicans have a history of supporting the effort raising the threshold for grand larceny. That's an issue that Democrats have been pushing unsuccessfully for years that may now finally have a chance in 2018.

"We heard during the gubernatorial campaign, Ed Gillespie was supporting an increase so this is one of those issues that — especially with the outcome of the election — I think you can see some support behind," said Del. Patrick Hope (D-47), who is introducing a bill that raises the threshold from \$200 to \$500. "If someone makes a dumb mistake and walks out of a store with something small we shouldn't make a felon



PHOTO CONTRIBUTED

**Republicans were unseated in 12 House districts, and Democrats flipped three seats where GOP incumbents decided against running in a year that ended up being a Democratic wave.**

out of them."

**THE WAVE ELECTION** of 2017 was widely seen as a reacting to the Trump administration, and some of the bills that are now being crafted are also a reaction to the Republican agenda in Washington. State Sen. Dave Marsden (D-37) is putting together a tax reform plan as a Virginia answer to federal tax reform that gives tax cuts for the wealthy and corporations. Marsden wants to eliminate the food tax, reinstitute the inheritance tax and increase the gas tax. His tax-reform plan also taxes some services for the first time. For example lawn care and dry cleaning would be taxed but lawyers and doctors would not.

"Ever since I've been in the legislature I've heard complaints that we have a 19th century agriculture and manufacturing tax base but we're now a service economy. So this will start to tax some of those services," said Marsden. "We're trying to draw a distinction and get the discussion going around which services are optional for people and which ones are really necessary that we shouldn't burden them with taxes on."

Democrats are also eager to finally get some traction on gun control, which House Republicans have blocked for years. Back in 2015, Democratic Gov. Terry McAuliffe was able to forge a deal with Republicans to make state police available for voluntary background checks at gun shows. Now Democrats are hoping that newly reconstituted House committees and subcommittees might give them a chance to at least get gun control legislation on the floor rather than having it killed in subcommittee, a strategy Republicans used that allowed them to avoid being on the record voting

against banning assault weapons, for example. State Sen. George Barker (D-39) is introducing a bill that would allow judges to confiscate firearms from individuals they consider dangerous.

"It would have to go to court, and a judge would have to issue a ruling that there's probable cause and it's a serious situation and the gun should be temporarily removed," said Barker. "In some states, it allows police officers to confiscate it. But the bills that we are putting in do not. You would have to go to court."

**MANY OF THE BILLS** lawmakers are working on involve unfinished business from previous sessions. State Sen. Scott Surovell (D-36) is working on a bill that would force Dominion to clean up decades of pollution at several coal ash ponds throughout Virginia. Dominion Energy plans to seal the pollution in place and put a cap on the ponds, which is significantly cheaper than cleaning up the pollution. But Surovell wants to require that the utility recycle the coal ash into concrete or ceramics. And, Surovell adds, it won't actually be more expensive for Dominion at all because the utility will end up passing along the cost to people who are paying for electricity.

"You eliminate the possibility that this toxic gunk will continue to leak arsenic, lead and other chemicals into our groundwater forever," said Surovell. "Landfilling is the short-term cheap solution. But long-term it has the worst potential effects because the stuff continues to leach out chemicals and give people cancer and poison fish and birds and ruin our groundwater."

State Sen. Adam Ebbin (D-30) is also returning to a familiar theme: decriminaliz-

ing marijuana. Several states across the country have already done this, and now that California has legalized pot for recreational use many feel that the tide may be turning on this issue. According to a recent report by the Virginia State Crime Commission, law enforcement officers have arrested more than 130,000 people for possession of marijuana in the last decade — 84 percent of them first-time offenders.

"I think people are realizing how inappropriate it is to give people a criminal penalty for a drug that so many people have tried and used and is arguably less significant and harmful than alcohol," said Ebbin. "It's still a tough fight. But we've got Senate Majority Leader Tommy Norment supporting it generally. And we've got Governor-elect Ralph Northam supporting it, generally."

**ON THE CAMPAIGN TRAIL** last year, Republicans and Democrats both supported several key agenda items — an indication that members from both sides of the aisle may end up working together this year on certain issues. One of those is ethics reform, a hot topic in Virginia since former Republican Gov. Bob McDonnell was convicted of corruption then cleared of wrongdoing by the U.S. Supreme Court. During the campaign last year, Republican candidate for governor Ed Gillespie and Republican candidate for lieutenant governor Jill Vogel both talked about closing a loophole that allows candidates to use campaign money for personal use. That's an issue that already has support among Democrats, although drawing a distinction between official use and personal use can be a gray area.

"I think we've got a consensus that we need to do something," said Del. Marcus Simon (D-53). "Whether we make it a weak ban or a strong ban — a civil violation or a criminal act — I think we're going to outlaw it one way or another."

Another issue where Republicans and Democrats are in agreement is expanding broadband to rural areas. Of course the details of how to make that happen and who benefits are where lawmakers get divided, although this is one of those issues where party ideology is less important than regional ties. Last year, for example, Republicans were divided about whether to create new hurdles for local governments to set up broadband networks in places where that might create competition for private providers. This year, the issue of broadband will once again be an important topic of conversation.

"I'm looking at ways to reduce regulatory burdens," said Del. Jennifer Boysko (D-86). "So I'm talking about including broadband in your municipal comprehensive plan, setting up a dig-once policy and creating a data governance board for smart communities."

SEE ASSEMBLY. PAGE 11

# OPINION

## 2018 A Happy New Year? At least some cause for hope ....

Virginia's election last November, just two months ago, was the first in the nation since the current administration took over in Washington.

Here in Virginia there was some anxiety and uncertainty rolling into Election Day. First, at least one race will not be decided until later this week. Second, the Democrats swept the statewide races, Governor, Lieutenant Governor, and Attorney General.

### EDITORIAL

Democrats hoped to make gains in the House of Delegates. It's fair to say no one anticipated the Democrats taking the House. After all, Republicans held a 66-34 majority, a nearly insurmountable advantage.

Democrats gained at least 15 seats in a turn-about that could leave the House split 50-50.

New members include the first transgender woman to serve in the Virginia General Assembly, the first lesbian delegate, the first Asian-American woman delegate and the first two Latina delegates.

Virginia's success has generated buzz about pursuing sweeping change in other state legislatures around the country.

Del. Marcus Simon said it well recently (on Facebook): "If someone had told me on Jan. 1, 2017 that one year later Democrats would have picked up no fewer than 15 and probably as many as 17 seats in the Virginia House of Delegates I would have said, 'Love your optimism, but don't get carried away.'"

"My advice to anyone running for office or thinking about running for office, or working for people running for office in 2018: Get carried away."

The new look and balance in the General Assembly could provide progress on some long stalled issues. (More Democrats in office do not equate to progress in all of these areas, it's important to note.)

❖ Expanding Medicaid under the Affordable Care Act to cover hundreds of thousands of poor people without coverage

❖ Nonpartisan redistricting and use of national best practices when it comes to drawing

political district boundaries after the next census.

❖ Progress in transparency, and making public information public. This includes lawmakers killing most proposed legislation with unrecorded voice votes in subcommittee, with no accountability or record of how members voted. It should also include rolling back some of the many exemptions to the Freedom of Information Act passed by the General Assembly.

❖ Ethics reform, campaign finance reform.

❖ Making it easier, not harder, to vote.

❖ More control over utility rates and pollution.

❖ Criminal justice reform, including raising the threshold for a felony from \$200 to \$500.

❖ Tax reform.

A "wish list" could go on at some length. The 2018 session of the Virginia General Assembly begins Jan. 10.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Representing Reston, Vienna in Winter Olympics

### What to look forward to in 2018?

BY SUPERVISOR CATHY HUDGINS  
(D-HUNTER MILL DISTRICT)

As the year 2017 draws to a close, I would like to take a moment to reflect on three community values that were particularly evident this year. We have invested enormous time and energy creating our values and they can be seen in the implementation of the One Fairfax Resolution.

With the July 2016 adoption of the One Fairfax Resolution, the Fairfax County Board of Supervisors laid the foundation of a racial and social equity policy to ensure all individuals have an opportunity to reach their highest level of personal achievement. The resolution is a public commitment to achieving racial and social equity through county policy which include collective leadership, community engagement, equity tools and infrastructure to sustain systemic changes, and shared accountability.

One Fairfax moves us beyond embracing our growing diverse population to implementing a growth model driven by equity. Actions introduced by One Fairfax



PHOTO CONTRIBUTED

**Maame Biney (center, in pink) received recognition from the Board of Supervisors for her U.S. Speedskating Short Track National Championship in 2012. At the time of the presentation, Maame was a sixth grader at Terraset Elementary School in Reston.**

and completed in 2017 would be the establishment of the Police Review Panel and the hiring of an independent police auditor, Juvenile Justice Reform and the Pre-K initiative.

I am excited about building on these initial accomplishments in 2018.

### Fostering and Expanding Community

Crafting anything starts with Vision and Planning. Which reminds me that nothing occurs in a

vacuum because Nature always rushes in willy-nilly to fill it. In the case of a Vision Vacuum, input and information are critical to the formation of a Plan. Together those fundamentals can nurture and expand community. To be successful, however, requires good public policy, community engagement, and professional expertise. Good neighborhoods don't just happen; they result from vision, planning and community support.

Last year witnessed multiple examples of diverse groups of stakeholders gathering in a public meetings. Thank you for voicing your concerns, contributing your ideas. I recognize that is a special

kind of civic service demanding time, talent and treasure from us all. In the final analysis, it is not the loudest voices or the most massive audience but that which is of the most long term benefit to the community that defines the right Vision and Planning.

### Belief in a Bright Future

Two remarkable young women – Maame Biney and Veronica Day – boldly remind us that the best may be yet to come.

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## Reston CONNECTION

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# NEWS

## Reston Photographic Society Presents 'Flower Photography'

The Reston Photographic Society invites photography enthusiasts to attend Patty Hankins' presentation on how to take fabulous photographs of flowers, both in the garden and in the wild.

Hankins is the author of "Wildflower Meditations: A Gift for the Spirit" and BeautifulFlowerPictures.com.

Join fellow photographers on Monday, Jan. 22 from 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston.

RPS is a special-interest group of the League of Reston Artists and holds meetings once a month, from January-May and September-November. Photographers of all skill levels are invited to share information and enjoy guest speakers, workshops and

group critiques.

Nonmembers are welcome. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more information on this and other events.

## League of Reston Artists Hosts Exhibit and Reception

Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging from Feb. 2-27 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. This show is free and open to the public during the center's regular operating hours.

Meet the artists and find out who received awards during the free reception on Saturday, Feb. 10 from 3-4 p.m. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) to find more information on this and other events.

### BULLETIN BOARD

FROM PAGE 2

that a roundabout be considered as the intersection control. Visit [www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment](http://www.fairfaxcounty.gov/planning-zoning/plan-amendments/current/sunset-hills-realignment) or [www.fairfaxcounty.gov/boardofsupervisors/](http://www.fairfaxcounty.gov/boardofsupervisors/).

#### ONGOING

**Herndon High School Library** needs

volunteers. Training available to help with re-shelving books, pulling books for teacher use, helping to check passes, or other special projects. To learn more, email [hhs\\_library@fcps.edu](mailto:hhs_library@fcps.edu).

**RSVP**, a volunteer network for seniors seeking service opportunities in and around Fairfax County, Arlington County and the City of Alexandria, offers a wide array of opportunities for volunteers 55 and older.

SEE BULLETIN, PAGE 6

## A Special Gift for You from Tall Oaks Assisted Living

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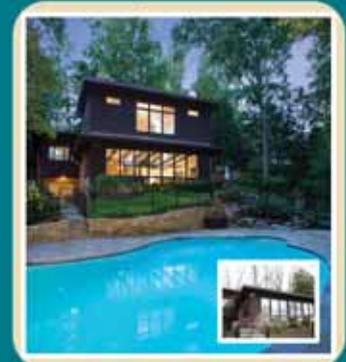
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## COMMENTARY

# Virginians Can Be the Winners

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



For many years into the future the example of one vote making a difference will be the House of Delegates election in the 94<sup>th</sup> House district in Virginia. After all legal issues are resolved, a winner will be finally announced. The winner will have won by a single vote or by a drawing of lots as Virginia law prescribes. You simply cannot get an election outcome closer than that. Every vote does count. But the importance of that one vote goes beyond deciding who will represent the people in that district; it will also decide which of the two parties will have a majority in the House of Delegates or whether the parties will be tied. Too bad for the people who might have an interest in the outcome but did not bother to vote.

The one-vote outcome along with a wave of voter participation transformed the Commonwealth's legislative control in the

House from Republican dominance of 66 members to 34 Democratic legislators to an even division or an advantage of one depending on that one final vote. Legislation of importance like expanding health insurance to those in need to adequately funding schools and encouraging gun safety that could not make it through the majority party that has been dominated by ultra-conservatives is much more likely to receive a hearing with a greater chance of a favorable hearing.

I do not sense an appetite from the people with whom I have talked for political posturing and grandstanding. To the contrary, I believe there is a public expectation that we work out whatever we need in order to proceed with the business of the legislature and to resolving issues that have been left unaddressed for too long. The one-upmanship that too often dominates the political world needs to be set aside. There is important work that needs to get done.

A study by the National Conference of State Legislatures found that between 1970

and 2003 there have been 32 tied legislatures in 22 states. The report described various ways that states have dealt with the situation.

The North Carolina House of Representatives resolved a tie in 2002 by having two speakers of the house, one from each party who alternated each day. Similar agreements were used in the Indiana House in 1988, the Michigan House in 1992 and the Nevada Assembly in 1994. Wyoming's law provides for a coin toss to pick the majority party. Indiana, Montana and South Dakota break a tie by selecting the party of a top official like the governor, the NCSL report said. Washington State had co-speakers for a session that was described as cumbersome but workable. When the Florida Senate tied, one party's leader served as chamber president for the first year of the term, followed by the other party's leader the second year.

The people have made their voices heard in a historic election turnout in 2017. Campaigning has ended; it is time to start governing. A power-sharing agreement can be worked out. Virginians will be the winners when a power-sharing agreement is in place.

## What to Wish For in 2018

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

Flipping over pages of the calendar as I go from 2017 to 2018, I have to remind myself that it is time to look ahead, not backwards to nightmarish 2017. I must put aside the scene of devastation across our entire national landscape — national security undermined, health care fading for millions, income inequality like never before, corruption on a grand scale beginning with a pillaging first family, environmental destruction as a new national sport, our constitution being shredded, and much more.

Let's step back and look closer to home. It wasn't until November that we saw a glimmer of light or hope. The ray of sunshine occurred — lo and behold — in Virginia of all places. A moderate Democrat, Ralph Northam, handily won the race for governor. Further, his slate mates, rising star Justin Fairfax and incumbent Mark Herring, swept the lieutenant governor and attorney general posts. Pundits and polls alike had expected a tighter race. The stench of Donald Trump nearby no doubt gave the Dems a boost in Virginia.

To everyone's surprise, Democrats also rolled up huge victories in House of Delegates elections. Holding just 34 of 100 seats going in, Democrats won an additional 15, possibly 16 seats (one is still undecided). With 49 or 50 seats, a power sharing arrangement may be necessary! The most Dems had hoped to pick up was five or six seats. Not only did they win far more than expected, but they knocked off several long-time, hard-right incumbents in doing so.

More amazing — all but two of the insurgent winners are women! This is Virginia we are talking about. As it stands, the Democratic contingent in the House of Delegates now stands at 25 men and 24 women. These broad-based victories set the stage for making my top wish for 2018 come true — Democrats seizing control of the U.S. Congress, starting by winning a majority of 11 Virginia seats in the Congress. (Republicans now have seven of 11.) Big national implications here.

What about Reston you say? The top issue rocking the community in 2017, was a zoning change to include upping Reston's ceiling of people per acre from 13 to 16. Supervisor Cathy Hudgins first told us there was an urgent need to make this change in early 2017. Following community meetings attended by hundreds of residents hotly opposing the changes which a Reston 2020 analysis indicated could lead to growth from a current 62,000 to as many as 180,000, Ms. Hudgins and the County have gone silent. But, I doubt they'll be able to resist pressure from developers on one side and an angry community on the other much



### INDEPENDENT PROGRESSIVE

longer.

My wish for 2018 is a straightforward decision by the County: 1) to lock in a ceiling at the lower end, maybe 14, and cap Reston's population at under 100,000; and, 2) To require supporting infrastructure (transportation, schools, parks and open space, etc.) be approved and completed in step with all new development. Perhaps Supervisor Hudgins' new planning commissioner, John Carter, will have a positive influence on this troubled process. The recently retired Chief of Community Planning for Montgomery County should be a major plus because of his experience and his genuinely community outlook. Lastly, I wish the Reston Association Board continued success in straightening out the management and finances of RA. President Sherri Hebert and the majority have made a great start. Let's continue it in 2018 by stopping the financial bleed from Tetra/Lake House; hiring a competent in-house attorney and slashing non-essential legal fees; finalizing a code of ethics with teeth; and, instituting budget and fiscal controls to prevent, *inter alia*, recurrence of the Tetra debacle.

### BULLETIN BOARD

#### FROM PAGE 5

RSVP volunteers enjoy flexible schedules, free accident and liability insurance while serving, optional mileage and meal reimbursement and are invited to volunteer group projects and social gatherings. To sign up for an upcoming orientation, email Carly Hubicki at

chubicki@volunteerfairfax.org or call RSVP at 703-403-5360. To learn more about RSVP, visit [www.rsvpnova.org](http://www.rsvpnova.org).

**Sunrise at Reston Town Center** offers a monthly Caregiver Support Group on the fourth Wednesday of the month, 6:30-8 p.m.

SEE BULLETIN, PAGE 11

### OBITUARY

## John Marshall Aaron III

John Marshall Aaron, III died on Nov. 20, 2017 following a brief illness. He was 81.

The son of John M. "Marshall" Aaron and Margaret Kimbrough Aaron, Mr. Aaron was born in Wilmington, Del., on June 7, 1936, and grew up in Chadds Ford, Pa. He earned his B.S. in geology from Franklin & Marshall College, and his Ph.D. in geology from the Pennsylvania State University.



John  
Marshall  
Aaron III

Mr. Aaron served his entire professional career as a geologist for the U.S. Geological Survey (USGS). During his career, he conducted geologic research in Antarctica, Puerto Rico, and on the U.S. Atlantic Continental Slope. In 1960-61 and 1961-62, he was as a member of USGS field parties that surveyed the remote Thiel Mountain range in Antarctica. The Aaron Glacier, located in the Thiel Mountains, is named for him. He also served as Chief Scientist on four deep-sea oceanographic research cruises, surveying the Atlantic Continental Slope.

Later in his career, he returned to USGS headquarters in Reston and was named director of the Office of Scientific Publications, where he managed scientific publishing and information dissemination activities. There, he led the agency's transition from paper-based publishing to digital media, and oversaw the creation of a digital publishing group that became a model for other federal agencies. Mr. Aaron also held leadership positions with the International Union of Geological Sciences, including years of service as the managing editor of its quarterly scientific journal.

Mr. Aaron had many passions in addition to his love of science. He was a prolific gardener and horticulturist who raised native orchids in Puerto Rico; an enthusiastic oenophile who, after retirement, held a part-time position as a sales advisor in the wine department of a local gourmet shop; and a lifelong student of classical music who played the French horn as a young man.

He learned to play ice hockey in his 60s, and played for more than 10 years on a recreational hockey team before finally hanging up his skates at the age of 75. He was an avid birder who, for more than 30 years, led a team of spotters on the lower Potomac

SEE OBITUARY, PAGE 8

## WELLBEING

# Ready for the Cold

BY MARILYN CAMPBELL

**F**rigid temperatures and the chill of winter can usher in dangerous health conditions, particularly for those most vulnerable: the elderly and young children. Two of the most prevalent cold-weather ills are hypothermia and frostbite. For those who have to be outside when it is dangerously cold, knowing the warning signs and prevention techniques for these conditions are the keys to keeping them at bay, say health care providers.

“Even a typical winter in this area can be dangerous,” said Amy Talbot, Ph.D. of George Mason University. “But extreme conditions can make it even worse for those most vulnerable.”

Hypothermia, which occurs when one’s body core temperature drops, can develop more quickly than many people realize, says Talbot. “Obviously feeling very cold is a warning sign, but also shivering and experiencing signs that the cold is affecting your brain, so feeling disoriented, stumbling or losing balance easily, unusual speech pattern or changes in personality.”

Frostbite is when the skin and underlying tissue are damaged by cold temperatures, says Beth Lowe, RN, a private-duty nurse in Arlington. “During the beginning

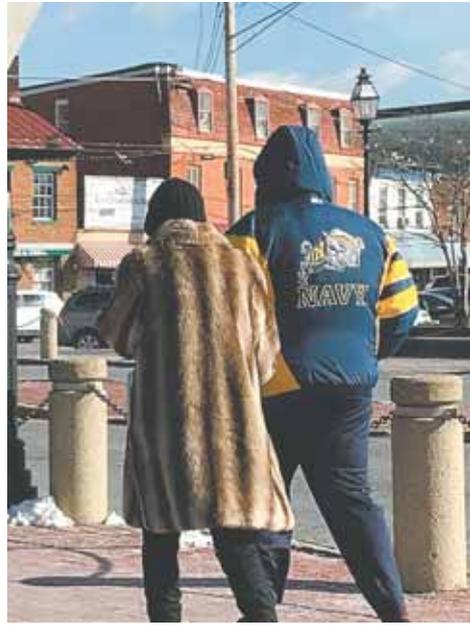


PHOTO BY MARILYN CAMPBELL

**Record cold temperatures can lead to frostbite and hypothermia.**

stages of frostbite, you might see your skin turn red and you’ll feel numb or tingling or stinging,” she said. “The main thing to remember is not to try to re-warm your own skin, because you can do more damage. It’s best to seek emergency medical treatment.”

## Preventing, recognizing and treating hypothermia and frostbite.

Dressing in layers and wearing shoes that are appropriate for extreme cold are keys to preventing hypothermia and frostbite, advises Carolyn Johnson, Ph.D. of Montgomery College. “When it’s extremely cold you want to wear clothing that traps your body temperature and protects you from cold air and wind,” she said. “A basic formula to keep in mind: a base layer that should be made from a fabric that wicks away moisture. The second layer should trap heat so it should be made of a polyester fleece over something similar. The top layer should be waterproof and windproof.”

Lowe recommends avoiding cotton clothing during the extreme cold because if it gets wet, it can make you cold. “Many of these preventative measure are things that most people already know, but may not think about until it’s too late,” she said.

Another preventative component, says Talbot, is nutrition. Both food and liquids can help keep one’s body warm. “Skipping a meal can make you more susceptible to hypothermia and frostbite,” she said. “It’s important to eat carbs and protein for energy when you’re going to be outside for a prolonged period of time, like if you’re hiking or playing sports.”

If you believe that you are beginning to develop frostbite or hypothermia, Lowe says

### LOCAL SHELTERS

For those who are not able to seek shelter, social service providers in Virginia and Maryland are ramping up efforts to provide shelter to those who need to get out of the cold. For more information:

**Fairfax County**  
703-691-2131 or fairfaxcounty.gov

**City of Alexandria**  
703-548-7500 or alexandriava.gov

**Montgomery County**  
240-777-3289 or  
montgomerycountymd.gov

**Arlington County**  
703-228-1300 or 703-228-1010  
publicassistance.arlingtoncounty.gov

in order to avoid advancing the seriousness of the condition, move your body by doing jumping jacks or some other vigorous movement and get out of the frigid elements. “There’s no set amount of time that it takes for [hypothermia or frostbite] to develop, so it’s important to keep an eye on those who are most vulnerable. But once you notice the warning signs you can try to stop the conditions before they advance, by drinking plenty of fluids, eating carbs and getting inside to a warmer temperature.”

### FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to [reston@connectionnews.com](mailto:reston@connectionnews.com). Deadline is Thursday.

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Call 703-941-7000 or visit [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**The Mount Pleasant Baptist Church** of Herndon invites the community to join them for praise and worship followed by a stirring message from the Word of God on Sundays starting at 8:30 and 10:30 a.m. (with Sunday school at 7:30

and 9:30 a.m.). Visit [www.mtpleasantbaptist.org](http://www.mtpleasantbaptist.org) or call 703-793-1196.

**The Jewish Federation of Greater Washington and the Jewish Outreach Institute** offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha’are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. Visit [ShalomDC.org](http://ShalomDC.org).

**Hope Fellowship Church** will temporarily be meeting at Hyatt Place, 21481 Ridgeway Circle, Sterling. Sunday

worship services are Sundays at 9:30 and 10:45 a.m., a Bible Study is on Wednesdays at 7:30 p.m. and a weekly prayer conference call is Thursdays at 9 p.m. The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. Call 703-599-3527 or visit [www.hopefellowshipchurchloudoun.org](http://www.hopefellowshipchurchloudoun.org).

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. Call 703-938-2391 or visit [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

**Washington Plaza Baptist Church** will hold Adult Bible Study at 9:30 a.m. Sundays at Lake Anne Village

Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**St. Timothy’s Episcopal Church** needs knitters the first and third Wednesdays of the month at 7 p.m., at 432 Van Buren St., Herndon. The church’s Prayer Shawl Ministry is offering free knitting instruction while providing shawls, blankets and other knitted items for people in need. No cost and yarn can be provided. Email [shawl@saint-timothys.org](mailto:shawl@saint-timothys.org) or visit the Pastoral Care page at [www.saint-timothys.org](http://www.saint-timothys.org).

**Nondenominational Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita’s, 1051 Elden St., Herndon and noon Thursdays at 555 Grove St., Suite

200, Herndon. Call 703-795-1257.

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 10 a.m. during the summer. Nursery and childcare are provided starting at 8 a.m. until the end of the service. Call 703-437-5500 or visit [www.trinityherndon.org](http://www.trinityherndon.org).

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7:30-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12 or \$6 for students, seniors and unemployed. Call 202-986-2257 or visit [www.meditation-dc.org](http://www.meditation-dc.org).

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# SCHOOLS

## South Lakes Swim & Dive Triumphs Over Herndon

South Lakes High School's Varsity Swim and Dive teams emerged victorious in their first league match-up against Herndon High School on Friday, Dec. 15, at the Herndon Community Center. The girls team won with 177.5 points over Herndon's 136.5. The South Lakes boys gained their first win of the season with 199 points to Herndon's 115. The boys dominated from the start with one-two finishes in the 200 yard Medley Relay and the 200 yard Individual Medley. The 200 medley relay team of Hunter Ellis, Jacob Lewis, Jack Edgemond, and Solomon Blackmon came in first with Kyle Diederich, Will Dunne, Matthew Fritz, and Kyle Thomas taking second. In the IM, Edgemond swam a state-qualifying time of 1:56.44 for first, with Diederich coming in second.



**South Lakes' Emily Fritz moves to pass her Herndon opponent to win the 100 yard Breaststroke in the matchup between the teams on Dec. 15.**

Other highlights for the boys included:

- ❖ A sweep of the 50 yard Freestyle by Blackmon (first), Ellis (second), Thomas (third), and Dirk Stassinis (fourth)

- ❖ A sweep of the 100 yard Butterfly by Edgemond (first) with a state-qualifying time, Fritz (second), Matthew Beach (third), and Lewis (fourth)

- ❖ A first place finish for the 200 yard Freestyle Relay team of Ellis, Thomas, Edgemond, and Blackmon

- ❖ A one-two finish in the 100 yard Backstroke for Ellis (first) and Connor Lewis (second)

- ❖ A first place finish in the 400 yard Freestyle Relay for Diederich, Fritz, Beach, and Connor Lewis.

For the girls, one-two finishes in the 200 yard In-

dividual Medley and the 500 yard Freestyle, along with a sweep of Diving were highlights. Anna Redican touched first in the IM with Emily Fritz coming in second. In the 500, Hannah Lane finished first with Rachel Mietlicki second. In diving, Emma Bulger (first), Devon Allesandrino (second), Aggie Allesandrino (third), and SJ Brown (fourth) got the sweep.

Other highlights for the girls included:

- ❖ A first place finish for the 200 yard Freestyle Relay team of Katie Nguyen, Megan Slater, Redican, and Sophia Landeryou

- ❖ A regional's-qualifying time and first place finish in the 100 yard Backstroke for Redican

- ❖ A first place finish for Fritz in the 100 yard Breaststroke. South Lakes returns to the pool at 6:30 on Friday, Jan. 5 to take on Washington & Lee High School at Spring Hill RECenter.

## Penny Drive To Help Puerto Rico

Third grade students at Aldrin Elementary School recently held a penny drive to support and help the victims devastated by the Hurricane Maria in Puerto Rico. They collected \$868.44 that will be donated to Direct Relief ([www.directrelief.org](http://www.directrelief.org)). Not only did the students fulfill a key component of the FCPS Strategic Plan — Caring Community, they also used the exercise as a curriculum project, learning coin denominations and how to count higher numbers.

**Aldrin Elementary Principal, Shane Wolfe, with students who won an auction for a fire truck ride with Ashburn volunteer, Jimmy Olevson.**



PHOTOS CONTRIBUTED

**Aldrin Elementary Penny Drive raised \$868.44 to help Puerto Rico.**



## Greater Reston Chamber Recognizes First Responders

The Greater Reston Chamber of Commerce hosted a luncheon with donations from more than 40 restaurants and businesses to thank local EMT, Fire & Rescue and Police Departments. This annual tradition started 10 years ago as a simple thank you with a handful of restaurants participating.



**David Bulman**

"This appreciation luncheon is important for so many reasons particularly in these trying times for our country. We started this luncheon to take time out of our busy schedules to thank those who keep our businesses and residences safe. As a growing district in our county, we are never really cognizant of what these first responders do every day, so the business community wanted to thank them for what they do and recognize these men and women who put their lives on the line every day to ensure we are safe," says Mark Ingrao, President and CEO of the Greater Reston Chamber of Commerce.

During this time of camaraderie, Acting EMS Technician David Bulman of the Fairfax County Fire & Rescue department was named the First Responder of the Quarter. Bulman has been employed by the department for three years and is currently stationed at Fire Station 404 in the Town of Herndon. In this short time span he has been promoted from an entry FireMedic to an Acting EMS Technician. On June 24, 2017, Bulman's unit was one of many dispatched into Loudoun County for a report of a drowning. A Loudoun County Fire & Rescue unit was first to arrive and confirmed two pediatric patients in cardiac arrest from prolonged submersion in a pool. Bulman's Unit (M404) was the

first arriving medic unit (paramedic capabilities) from Fairfax and Bulman had to react quickly as "lead provider" to divvy up staffing and resources on a double cardiac arrest. For those that have never been exposed to such an emergency call with some of the highest level of stress because it contains pediatric patients. Bulman showed tact in managing the CPR efforts and maintained a stable scene until additional resources arrived. Upon the arrival of additional resources, Bulman relinquished one of the pediatric patients to another medic and redirected focus on single patient in cardiac arrest. M404 performed many higher level didactic skills on the patients with limited success. "Dave pushed himself to the highest professional medic level which helped maintain a very stable emergency scene. Bulman has only three short years on the Department, however, his skills and abilities show the age of 'senior' medic. Dave's love of the job shows every shift helping maintain readiness, preparing drills, and pride in making a difference on emergency incidents," says Battalion Chief Kit R. Hessel, Fairfax County Fire & Rescue.

## Obituary

FROM PAGE 6

River every December for the Audubon Society's annual Christmas Bird Count. In 2012, Mr. Aaron, who was also a devoted student of American history, joined the Christian Sanderson Museum in his hometown of Chadds Ford, first as a museum guide, then as an elected member of the board.

He also managed the museum's web site.

Mr. Aaron leaves two daughters,

Anne Aaron of Annapolis, Md., and Jennifer Aaron of Ashburn, Va.; a sister, Missie Bauman of Wilmington, Del.; two grandchildren, Matthew and Lauren Price; and many cousins, including Ann Willis of Alexandria, Va. His wife of 42 years, Barbara Robinson Aaron, died in 2006.

A memorial service will be held Sunday, Jan. 21 at noon at the Hidden Creek Country Club in Reston.

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

# CALENDAR

Submit entertainment announcements at [www.connectionnewspapers.com/Calendar/](http://www.connectionnewspapers.com/Calendar/). The deadline is noon on Friday. Photos/artwork encouraged.

## ONGOING

**Gingerbread Village.** Through Jan. 4, various times at the Hyatt Regency Reston, Reston Town Center, 11900 Market St. See the annual display in the hotel lobby. Call 703-709-1234 or visit [reston.hyatt.com](http://reston.hyatt.com) for more.

**Art Exhibit.** Through Feb. 17, various times at the Greater Reston Arts Center, 11900 Market St. Featuring the work of Paulina Peavy, namesake of "Paulina Peavy: A Message to Paulina," the first exhibition to bring together a selection of Peavy's works across disciplines including works on paper, paintings, films, texts, and numerous mixed media masks. Visit [www.restonarts.org](http://www.restonarts.org) for more.

**All-comers' Group Fun Run at Potomac River Running.** Tuesdays and Thursdays. Reston Town Center, 11900 Market St., Reston. For beginners or competitive runners, come out for a fun, low-key run that is safe and social. Call 703-689-0999 [potomacriverrunning.com](http://potomacriverrunning.com).

**Over-40 Softball League.** A Fairfax-based league is looking for enough players to form another team. Players must be at least 40 years of age to be eligible. All games are doubleheaders - played on Sundays at Bready Park in Herndon between 11 a.m. and 6 p.m. If interested, email [skeduman@aol.com](mailto:skeduman@aol.com) for more information.

**Art Exhibit** through Jan. 8 at Artsights, Reston Town Center, 11900 Market St. "Drag, Disney, Art Insights and Art Outsiders: The Art of Tennessee Loveless," see the new collection by Tennessee Loveless including his retrospective book 10x10x10 and images from his projects. Call 703-709-6720 or visit [restontowncenter.com](http://restontowncenter.com) for more.

## DEADLINE JAN. 5, 2018

**2018 Fine Art Photography Competition.** Fine Art Photography of any subject is welcome; there is no required theme for entries. Call 703-956-9560 or visit [www.artspaceherndon.com](http://www.artspaceherndon.com) for more.

## FRIDAY/JAN. 5

**Open Mic Poetry Night.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Featured members of the Poetry Society of Virginia will be present to share their poetry. An open mic will follow, allowing for anyone attending to have a moment on stage. This event is free and open to the public. Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/) for more.

## SATURDAY/JAN. 6

**Meet the Author.** 2-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Eileen Curtis recently retired after serving as the Dulles Chamber of Commerce President and CEO for 23 years. She discusses her book "Chamber Tales: A Memoir of Commerce." Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/) for more.

**Pop Up Tea Shop.** 2-6 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Sip Elden Street Tea and enjoy a variety of locally made snacks and pastries while enjoying the latest art installations in the gallery. Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/) for more.

## SUNDAY/JAN. 7

**Book Store Anniversary.** 1-4 p.m. at Reston Used Books, 1623 Washington Plaza N. Open house to celebrate 40 years of being in business. Call 703-435-9772 for more.



## Meet the Artist

**On Saturday, Jan. 20, Meet the Tattoo Artist from 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Meet Gilda Acosta and explore getting a tattoo. Her work will be on display Jan. 9-Feb. 10. [artspaceherndon.org](http://artspaceherndon.org).**

## MONDAY/JAN. 8

**Yoga Storytime with Little Twisters.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive. Read a classic children's book, then act it out using yoga moves and poses. Cosponsored by the Friends of Reston Library. Age 3-5 with adult. Call 703-689-2700 for more.

## TUESDAY/JAN. 9

**Baby Lapsit.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Enjoy nursery rhymes and songs while building early literacy skills for the child. Birth-11 months with adult. Call 703-689-2700 for more.

## THURSDAY/JAN. 11

**Yoga at the Library.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Local yoga instructor Madhavi Rao will lead this yoga session. Water provided. Bring a mat. Sponsored by the Friends of the Reston Regional Library. Call 703-689-2700 for more.

## SATURDAY/JAN. 13

**Musical Commemorative.** 3-4 p.m. at the Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Reston Community Orchestra celebrates the life and work of Dr. Martin Luther King, Jr. through symphonic works, spirituals, and songs inspired by his legacy. Featured performers will include students from Al Fatih Academy, the Men's Chorus of Martin Luther King Christian Church of Reston, song stylist Beverly Cosham and Bryan Jackson. Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org) for more.

## MONDAY/JAN. 15

**Social Justice Advocate Speech.** noon at at Reston Community Center, Hunters Woods, 2310 Colts Neck Road, Reston. Tamika D. Mallory keynote address is at noon, followed by a community lunch. \$5 for Reston residents and employees, and \$10 for all others. Visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or call 703-476-4500.

## TUESDAY/JAN. 16

**Sam's Book Club.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Join former library director Sam Clay as he leads a book discussion. January's title is "God Bless the Child" by Toni Morrison. Call 703-689-2700 for more.

## THURSDAY/JAN. 18

**Yoga Storytime with Little Twisters.** 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive. Read a classic children's book, then act it out using yoga moves and poses. Cosponsored by the Friends of Reston Library. Age 3-5 with adult. Call 703-689-2700 for more.

more.

**Community Food Packing.** 10-11:30 a.m. at Dominion Energy, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia will hold its next monthly Weekend Food for Kids packing. For further information contact Lynn Barron: [LynnB517@verizon.net](mailto:LynnB517@verizon.net) or visit [northernvirginia.assistanceleague.org](http://northernvirginia.assistanceleague.org).

## FRIDAY/JAN. 19

**Improv-Extravaganza.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. For one-night-only, The Alden's (the) Unruly Theatre Project and Loudoun County High School's Improvasaurus will bring their signature improv styles to ArtSpace Herndon. Suggested Donation of \$10. Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/) for more.

## SATURDAY/JAN. 20

**French Cooking Class.** 10 a.m.-noon at Mon Ami Gabi, 11950 Democracy Drive. Join Chef Phil Frederick and learn to prepare wild mushroom tartare with cheese toast, Merquez burger with cream cheese spread and hand-cut fries, and malted chocolate chip cookie ice cream sandwiches for dessert. Recipe booklet included. \$55 per person. Call 703-707-0233 or visit [monamigabi.com/news](http://monamigabi.com/news).

**Meet the Tattoo Artist.** 7-9 p.m. at ArtSpace Herndon, 750 Center St., Herndon. Meet Gilda Acosta and explore getting a tattoo. Her work will be on display Jan. 9-Feb. 10. Visit [www.artspaceherndon.org/](http://www.artspaceherndon.org/) for more.

**Flower Photography Expert.** 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road. The Reston Photographic Society invites photography enthusiasts to attend Patty Hankins' presentation on how to take fabulous photographs of flowers, both in the garden and in the wild. Hankins is the author of "Wildflower Meditations: A Gift for the Spirit" and [BeautifulFlowerPictures.com](http://BeautifulFlowerPictures.com). Visit [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

## WEDNESDAY/JAN. 24

**Red Cross Blood Drive.** 10 a.m.-3 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Call 703-689-2700 for more.

**Meet Me at the Movies.** 10 a.m. at at Bow Tie Cinemas, Reston Town Center, 11940 Market St. Reston Association presents "LBJ." Refreshments and door prizes provided prior to movie. Free to 55+. Email [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577.

## THURSDAY/JAN. 25

**Dollars and Sense.** 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive. Monthly group discussion focuses on business leaders and markets. The discussion will focus on "Boomerang: Travels in the New Third World" by Michael Lewis. Call 703-689-2700 for more.

# Reston Celebrating Dr. Martin Luther King Jr's Birthday

## Keynote address by Tamika Mallory, Co-chair 2017 Women's March on Washington.

BY DAVID SIEGEL  
THE CONNECTION

The Reston community continues its long-standing tradition to commemorate the birthday and life of Dr. Martin Luther King Jr. The 2018 celebration will be the 33<sup>rd</sup> such event. It should also be noted that 2018 is the 50<sup>th</sup> anniversary of the assassination of Dr. King in Memphis, Tenn.

"The Reston Dr. Martin Luther King Jr. Birthday Celebration includes profound experiences for all," said Paul Douglas Michnewicz, arts and events director, Reston Community Center. "You can participate in community service and attend celebratory concerts and arts exhibitions."

Tamika D. Mallory, social justice activist and co-chair of the 2017 Women's March on Washington will be this year's featured speaker at the Reston community event. Mallory is known as an advocate for civil rights issues, equal rights for women, health care, eradicating gun violence and eliminating police misconduct.

In a recent interview, Mallory indicated she wanted to remind the Reston audience of the vital need to continue Dr. King's fight for justice and equality; "no matter the opposition, especially in these challenging times." She spoke passionately that Dr. King's "legacy flows through the veins of others as we strive to live up to Dr. King's greatness and his beliefs."

To work for peace and equality for all, requires not only "drawing on the lessons of our past," said Mallory. "We need to engage one another; to have honest conversations between us. The conversations are entry points that may be uncomfortable and difficult, but that are necessary."

Open conversations "can help us acknowledge each other as we dig deeply in what can be painful honesty," said Mallory. Such conversations can help people "see the world through



**Tamika D. Mallory, keynote speaker, Dr. Martin Luther King Jr. Birthday Celebration in Reston.**

## Where & When

Tamika D. Mallory, keynote speaker, Reston Dr. Martin Luther King Jr. Birthday Celebration and Luncheon at Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston on Monday, Jan. 15, 2018 at 12 noon. Ticket Price: \$5, Non-Reston Ticket Price: \$10. Call 703-476-4500 or visit [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com). Note: Detailed information for the full three-day weekend of events celebrating Dr. King are at [www.restoncommunitycenter.com/attend-shows-events-exhibits/2018-mlk-celebration](http://www.restoncommunitycenter.com/attend-shows-events-exhibits/2018-mlk-celebration)

the eyes of others."

Beyond Mallory's keynote presentation, there will be a full three-day weekend of events from Jan. 13 to 15, 2018 to celebrate Dr. King. Reston will have special performances, Community Service Projects, and the Voices of Inspiration Program sponsored by the Reston Martin Luther King, Jr. Church hosted by the Northern Virginia Hebrew Congregation. There will also be special activities available for youth ages 6-12. The activities will be based on the history of Dr. King and the Civil Rights Movement.

"We must try our best to walk in Dr. King's shadow, and to answer his call," added Mallory. And remember that Dr. King spoke "truth to power for everyday people and for those at the margins in our midst."

PHOTO BY SAMANTHA KOROWSKI/COURTESY OF THE RESTON COMMUNITY CENTER

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**Announcements**

**OPINION**

**Hudgins**

FROM PAGE 4

The “Laugh until you can’t laugh anymore” 17-year-old Maame Biney will be representing the U.S. and her hometown, Reston, in February at the 2018 Winter Olympic Games. Which speaks volumes for someone born in Ghana and who didn’t even grasp the concept of ice until age 6. Her sport: short track speed skating.

With her infectious giggle and joy at winning, she is also the first African-American woman to join the U.S. Olympic Speed Skating Team. And after the Olympics, will she hang up her skates? Probably not.

According to Anthony Barthell, Women’s Short Track National (Olympic) Team Coach, “She’s a natural athlete. Most natural athletes have a hard transition to skating because speed skating is so unnatural. It goes against everything you’re taught as an athlete. So for her, she’s learned how to skate and is able to use her natural athletic abilities... In my eyes, I feel she can be one of the top girls in the world. It’s going to take a little bit of time, but she has the potential.”

Remarkably, she hasn’t lost sight of the long-range big picture. With a goal of becoming a chemical engineer, graduating on time – with her friends – is as

important a goal as short track skating and applying to college. Now, that is a comprehensive life view.

Think for a moment: What is it when you have a 64-pound, head-first, face-down toboggan without steering, an engine, brakes, or seat belt, hurling along at 90 miles per hour, through ice-covered turns? Answer: A skeleton sled, very possibly held by Vienna native and Madison High 2007 grad, Veronica Day. She is also an Olympic hopeful for the 2018 U.S. Winter Olympic Skeleton Team.

Wait a minute, you’re probably puzzling, how did this happen? Wasn’t she a high school track and field stand-out? Besides, there isn’t much snow in North Carolina where she graduated from college with a degree in international business and international studies.

Both true – clearly, this is someone who continues to learn and grow physically as she continues to expand culturally and globally. Equally true is her spunk and determination in her growth potential: “Do I think I can be number one or two in the U.S.? Absolutely, I don’t think it’s a pipe dream at all.”

All I can say is that with strong public policy and public participation and local schools educating crack-jack female student athletes, I have every confidence in and am looking forward to another productive, successful year in 2018! With every good wish to the entire Hunter Mill community for warmer weather and a Happy New Year.

**General Assembly Delegation to Hold Public Hearing**

The Fairfax County delegation to the General Assembly will hold a hearing for public comment regarding the upcoming 2018 session on Saturday, Jan. 6. The forum begins at 9 a.m. in the boardroom of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax with parking available in front of the Government Center Building. Only Fairfax County residents may register to speak, and individuals may speak on their own behalf or on behalf of an organization serving County residents.

Fairfax County Board of Supervisors Chairman Sharon Bulova will welcome the delegation to the Government Center on behalf of the Board of Supervisors and deliver brief remarks. Fairfax County residents who want to sign up in advance to speak at the hearing should register online using the form or contact the Office of the Clerk to the Board of Supervisors at 703-324-3151, TTY 711, by noon on Friday, Jan. 5. Requests for ADA accommodations should be made as soon as possible but no later than 48 hours before the public hearing.

All speakers are asked to personally register for their speaking slot (residents needing assistance will be helped on a case by case basis). Organizations are encouraged to limit their number of

speakers to a maximum of five. Additional attendees in support of said organization at the public hearing may be recognized by the chair. Speaking slots will be numbered based on a first come, first served allocation. Point of contact for other questions or requests for ADA accommodations: Arielle McAloon (703-324-2649) or Chris Camarca (703-324-2683).

Each speaker will be allocated three minutes to address the delegation. Speakers must be present when called to the podium, and people who miss their turn will be added to the end of the list of speakers. The Chair reserves the right to modify the guidelines on site for the smooth operation of the public hearing.

The hearing will be televised live on Fairfax County Television Channel 16 (Channel 1016 in HD on Cox; Channel 16 on Verizon or Comcast), and can also be viewed on-line through the Channel 16 stream.

Further information on the public comment hearing is available from members of the Fairfax County legislative delegation. Contact information for individual delegation members is available on the Virginia General Assembly web page at [whosmy.virginiageneralassembly.gov/](http://whosmy.virginiageneralassembly.gov/)

**Armstrong Elementary Students Honored for Achievement**

Nine students at Neil Armstrong Elementary School in Reston have been honored by the School PTA for participation and achievement in the 2017-18 National PTA Reflections arts in education program.

The reflections program honors imagination, creativity and interpretation of the theme “Within Reach.” Students were encouraged to create an original work of art in one or more of the following categories: dance choreography, film production, literature, 3-d art, musical composition, photography, visual arts and special artist division for students with disabilities.

The following achievement awards

were earned for each category and grade division:

❖ Award of Excellence: This award is given to a student in each arts category, in each grade level division, that best interprets the theme. This award advances to local awards program.

Photography – Andrew Das (Intermediate)

Literature – Asha Das (Intermediate)  
Visual Arts – Ben Fox (Intermediate)  
3D Sculpture – Evie Lenz Miller (Primary)

❖ Award of Merit: This award is given to the next highest scores for each arts category in each grade level division.

Visual Arts – Julia Cochran (Interme-

diate)  
Photography – Andrew Das (Intermediate)

Visual Arts – Asha Das (Intermediate)  
Visual Arts – Madeline de Clerck (Middle School)

❖ Honorable Mention: This award is given to the next highest scores for each arts category in each division.

Literature – Sofia Bentolila (Intermediate)

Visual Arts – Charlotte de Clerck (Primary)

Visual Arts – Matthew de Clerck (Intermediate)

For more information about the program, visit [PTA.org/Reflections](http://PTA.org/Reflections).

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FROM PAGE 6

Monthly support group offers a safe place for family caregivers, to meet and develop a mutual support system and to exchange practical information and possible solutions. Learn about resources available in the community and how to manage caregiver related stress. Call 703-956-8930 or email

Reston.ED@sunriseseniorliving.com to RSVP.

**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. Call Natalie McCall

nmccall@onelifitness.com 703-904-7600 for more.

The **Herndon Adult Day Health Care Center** needs volunteers to assist with fitness activities, arts and crafts, mealtime, entertainment and much more. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults) and click on Volunteer Solutions.

**Master Gardener Training.** The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit [fairfaxgardening.org](http://fairfaxgardening.org) or call MG Help Desk at 703-324-8556 for more.

**Hypothermia Prevention: An Emergency Program for the Homeless** — To help our vulnerable neighbors survive the winter, we provide overnight shelter with a "no turn-away" policy at all emergency homeless shelters during freezing weather. Through the coldest months of the winter, we also provide the Hypothermia Prevention Program, a countywide community network of 45 overnight shelters. Through this program last winter, our nonprofit and faith-based community partners served almost 1,000 men and women with a safe, warm place to sleep. If you see someone at night who is unsheltered and you think could be at risk of hypothermia, call the county's non-emergency phone line at 703-691-2131, TTY 711.

**Passages DivorceCare.** For those experiencing the pain of separation or divorce, the caring community at Vienna Presbyterian Church offers Passages DivorceCare. This 15-week program offers a path toward healing. Vienna Presbyterian Church is located on the corner of Maple Avenue (Rt. 123) and Park Street in Vienna. Cost to cover materials is \$20, scholarships available. For more information or to register call 703-938-9050, go to [www.viennapres.org](http://www.viennapres.org), or send an email to [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org).

## Assembly

FROM PAGE 3

**IT MAY SEEM** like the elections never cease in Virginia, where voters go to the polls multiple times every year. And although Washington is already focused on the 2018 campaign, Richmond is already preparing for an epic election in 2019. Not only will that election include all members of the House and the Senate, it will also set the scene for who controls the redistricting process. Both parties are eager to control as much of the process as possible, and Democrats have already won a major victory by electing a governor who will have veto power over the maps drawn by lawmakers.

"The one piece of this that I'm interested in doing is having a factor of competitiveness and competition being part of the equation," said Del. Mark Keam (D-35). "Right now all the standards that they use for redistricting are things like partisanship, demographics and minority status. But there's nothing that talks about whether a district is competitive or not."

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## I'm Very Seldom Wrong, But This Time I'm Write



By KENNETH B. LOURIE

Since I don't have to write for a deadline this week (12/27/17 papers have already gone to press), maybe I'll write for pleasure. Not that writing this column is ever not my pleasure, but it is time-sensitive, at least on a weekly basis. And though that "weekliness" can occasionally induce some pressure, mostly I can manage it. Besides, it contributes to what you read and my feelings about having written. As such, my columns are rarely about the past, well, only in so far as it gives the present and future concerns some context. Generally speaking however, I am writing about extremely-current events. It's not exactly real time, but the timing is exceptionally real.

This sort of holiday break occurs at The Connection every year as we condense our publication schedule and finish/publish three weeks of newspapers in nine business days. And even though this "condensation" is nothing new for any of us long-sitting employees, it does present its own unique set of challenges, yet it is a schedule which has stood the test of time. Time which eventually leads to pleasure.

And time off is part of what drives this mid-to-late December rush. Because in the newspaper business, especially considering the 24/7 news cycle, with which we are all familiar, even for a weekly publication — for both editorial and sales, you are mostly on. So getting a chance to publish and then pause, gives us all an opportunity to refresh and recharge. And since I'm honeymooning, so to speak, (see column dated 12/13/17 titled "As Good As It Gets"), I have nothing particularly cancer-centric to write about and/or worry about, well, top of mind anyway. There's plenty of cancer stuff bottom of mind though. The difficulty is keeping it there.

The problem/reality is, even when you're meandering around in your head, in order to write, there is a cancer section which inevitably fights its way to the top. It's not as if I have a multiple personality disorder: Kenny-without-cancer and Kenny-with-cancer (my website, by the way: [www.KennyWithCancer.com](http://www.KennyWithCancer.com)), but sometimes I think I must. Thinking one could totally compartmentalize the facts and fissures that a "terminal" lung cancer diagnosis/"13 month to two year" prognosis imposes is an admirable, much talked about goal but in truth, it's probably unrealistic and likely leads to that dual personality. But who's kidding whom? It's hard/IMPOSSIBLE to know.

So for the moment, I can pretend/presume that Kenny-without-cancer is front and center, top of mind and in control, free to wander aimlessly in print and ponder his fate as if nothing much — other than one's own mortality, is effecting his judgment. Ah, one can dream. And oddly enough, I have been dreaming more, and sleeping longer and deeper, too. I'm sure it's simply a coincidence that having five weeks off from any cancer-related activities/obligations, and likewise having nine days off from any newspaper-related activities has contributed to this semi peace and quiet. A quiet which will soon end when we leave for two days in Pennsylvania to spend Christmas with my wife Dina's cousins, which, along with the cheesesteak I plan on eating, provides it's own sort of comfort and joy.

Still, any port in the cancer storm provides a welcome respite from the — with apologies to Shakespeare — slings and arrows of outrageous misfortune (Shakespeare's quote was "fortune"), however real or imagined. To be sure, cancer is no joke, neither is being diagnosed with a "terminal" form of it: non-small cell lung cancer, stage IV, at age 54 and a half. But making fun of it and the circumstances surrounding it, has been my stock and trade since I first went public — in print, in June 2009. The means I've justified to prevent my premature end. So far, so good.

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



# Reston Dr. Martin Luther King Jr. Birthday Celebration

## January 13 – 21

### Saturday, January 13

#### Community Service Projects

9:00 a.m. • Southgate Community Center • All Ages • Free  
(Contact [habrock@reston.org](mailto:habrock@reston.org) to volunteer)

#### Reston Community Orchestra

#### Annual Tribute to Dr. Martin Luther King Jr.

4:00 p.m. • RCC Hunters Woods Community Room • All Ages • Free

### Sunday, January 14

#### Voices of Inspiration

4:00 p.m. • Northern Virginia Hebrew Congregation • All Ages • Free

### Monday, January 15

#### Tamika D. Mallory – Keynote Address & Community Lunch

12:00 p.m. • RCC Hunters Woods • \$5 Reston/\$10 Non-Reston  
(Tickets sold through the CenterStage Box Office)

#### Especially for Youth

11:30 a.m. – 2:30 p.m. • RCC Hunters Woods • 6 – 12 Years Old • Free  
(Registration Required: #704750-8A)

### Sunday, January 21

#### The Color Orange

A Hip-Hop Concert About Friendship and Multiculturalism

3:00 p.m. • the CenterStage • \$15 Reston/\$20 Non-Reston  
(Tickets sold through the CenterStage Box Office)



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Visit [www.restoncommunitycenter.com](http://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.

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