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Reston CONNECTION

A+
PAGE 7

Conquering 'Mount Reston'

NEWS, PAGE 3

Reston Honoring Dr. Martin Luther King Jr

NEWS, PAGE 8

Impacted? How To Survive the Shutdown

NEWS, PAGE 6

The Bass children of Reston, Billy, 12, Taylor, 9, and Dylan, 6, prepare to conquer the beast of all sledding hills in the area, "Mount Reston," located at the end of the parking lot behind the Unitarian Universalist Church in Reston.

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JANUARY 16-22, 2019

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

OBITUARIES

David Bobzien, Esq.

David Paul Bobzien died in the early morning of Sunday, Dec. 30 at The Johns Hopkins Hospital after a battle with leukemia. His devoted wife Cathy was at his bedside, and he was surrounded by the love and prayers of his family and friends. Born in Jersey City, N.J. on Oct. 1, 1946, his memory will be cherished by Cathy, his son and daughter-in-law, David Jr. and Julie Bobzien, and son Brendan Bobzien. David was a loving grandfather of three grandsons, Luca, Finnegan and David III, and one granddaughter, Carly. David is also survived by his sister-in-law Ann, niece Kathleen and nephews Bill IV, Brian and Ben. He was preceded in death by his parents, Col. William F. Bobzien Jr., U.S. Army, and Dolores Flynn Bobzien, and his brother, William Bobzien III. David was a 1968 graduate of the College of the Holy Cross and a 1971 graduate of the University of Virginia School of Law. He received an LLM in Taxation in 1975 from the George Washington University School of Law.



David Bobzien

first local government attorney to serve in that capacity. He was also a past president of the Local Government Attorneys of Virginia, Lawyers Helping Lawyers, the Virginia Law Foundation, and the Fairfax Law Foundation. He served as a Virginia State Bar Delegate to the American Bar Association's House of Delegates, on the ABA Commission on Domestic and Sexual Violence, and as Chairman of the Virginia CLE committee of the Virginia Law Foundation.

A man of faith, David was active in his church community and a member of the Ancient Order of Hibernians. He was also a leader in the community, a former Boy Scouts adult leader, a stalwart member of the Reston Runners, and served as a member of the Reston Association Board of Directors. He loved to run, exercise with his friends at the YMCA, relax in the Shenandoah Valley and at Lake Tahoe, especially in the company of his grandchildren, and travel the world. He has been described as full of life, wisdom and humor, a lion of the law, and an exemplar of the belief that public service is noble and necessary. To his family he was a stickler for punctuality, and to his colleagues the strictest of grammarians. To all he was a true gentleman. A memorial mass will be held on Friday, Feb. 8, 2019, at St. John Neumann Catholic Community, 11900 Lawyers Road, Reston. Family will receive friends at the church from 10 to 11 a.m. prior to the mass. A reception will follow in the church hall. Interment at Arlington National Cemetery will happen at a later date.

In lieu of flowers, the family asks that donations be made in David's name to either the Fairfax Law Foundation (www.fairfaxlawfoundation.org) or the Virginia Law Foundation (www.virginialawfoundation.org).

Following law school, David served as a captain in the U.S. Army Judge Advocate General's Corps at Fort Meade, Md. for four years. After his service, he was an associate with the Fairfax firm of Fitzgerald and Smith before serving from 1979 until 1992 as Assistant Counsel in the Office of Professional Responsibility of the U.S. Department of Justice.

David retired in June of 2016 after twenty three years as the County Attorney for Fairfax. He was President of the Virginia State Bar in 2004-2005, the

Janis Elaine Miller, 1956-2019

Janis Elaine Miller, 62, of Reston, and Duck, N.C. died on Jan. 7, 2019. As a wife, daughter, sister and friend, she was loved by so many and will be deeply missed. A Celebration of Janis' Life will be held in Lake Anne Plaza in Reston the first Saturday in May, the opening day of the Lake Anne Craft Market, an event she loved. A second Celebration is being planned later in the spring in Duck, N.C.

Born in Santa Monica, Calif. to Connie Nims Choisser and Robert Choisser on June 20, 1956, Janis grew up in Corona del Mar, Calif., moving with her family to Reston in 1970. She went to Herndon High School and graduated in 1974. She went on to earn a Bachelor's degree in accounting from George Mason University and later her license as a Certified Public Account. Janis worked initially for John Sullivan in Reston; ultimately working as an accounting consultant to Tetra Tech. Recently she provided consulting services to selected clients in the Washington metropolitan area. Her real love was VERY... a craft business that sold her creations at Lake Anne Craft Market and other selected shows.

Janis was widely admired for her energetic personality and generous nature, always willing to jump in and assist where needed. She enjoyed creating items for her crafts business, being a Mary Kay Beauty Consultant and participating in craft shows.

She received recognition from the American Cancer Society as a sponsor for Reston Relay for Life. She was a sponsor in the "Adopt A Mom" program providing holiday gifts to moms at assisted living facilities and homeless shelters.

Janis is survived by her husband, Mike Miller of Reston, her mother, Connie Choisser, also of Reston, and her sister Cathy Carroll and her husband Russell of Falls Church. Her father, Robert Choisser, precedes her in death.

Should friends and family desire, memorial donations may be made to the Mayo Clinic, Rochester, Minn. for research for the diagnosis and cure of Amyloidosis. The family wishes to extend their gratitude to the physicians of the Mayo Clinic who were working with the family to get Janis admitted to the Mayo Clinic when she died.



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Conquering 'Mount Reston'

Weekend snow-storm offers work and play.

BY MERCIA HOBSON
THE CONNECTION

The first snowstorm of the season unexpectedly persisted through the weekend in the local area. After ramping up on Sunday, it dumped more than 9 inches of the powdery white stuff creating either play or work for individuals living and working in Reston.

While there are no official sledding areas in Reston, the Bass family, dad Chris and children Billy, 12, Taylor, 9, and Dylan, 6, conquered "Mount Reston." It is a beast of a hill with a creek at the bottom that adds to the excitement. The behemoth is located at the end of the parking lot behind the Unitarian Universalist Church, 1625 Wiehle Avenue.

Dad Chris Bass wisely stood at the crest of the hill as his children, and the dozens of other children and adults quickly worked up a sweat climbing back up the hill after each run. Bass said he was born in Reston and moved back when he had a family.

"I'm a teacher at South Lakes High School, and I'm loving the snow. I never get to hang out with my kids during the day. Snow days are great for the whole community. People come out and take advantage of the opportunity to play."

A second favorite sledding slope



From left, Pablo Madina and Lonnie May, employees of the Lake Anne of Reston Condo Association (LARCA) clear the ice and snow from the Lake Anne Village Center plaza ensuring it is safe and clear for pedestrians.

is "King Kong Hill" located on Hidden Creek Golf Course in Reston. The long steep hill is between Isaac Newton Square and North Shore Drive in the Golf Course Island area.

A short drive away at the Lake Anne Village Center located at 1609 Washington Plaza N., Reston, Lonnie May, Pablo Madina and other employees of the Lake

Anne of Reston Condo Association (LARCA) shoveled snow and scraped ice from the brick plaza surrounding the lake and fronting condominiums, stores and small businesses.

"We started at 7 in the morning, and we will shovel to 3 this afternoon," said May. "The temperature is rising, so it's ok, but if the winds were blowing, we'd be in trouble."

PHOTOS BY MERCIA HOBSON/THE CONNECTION



It's a snow day for Billy Bass, 12 who rides his toboggan sled like a snowboard down "Mount Reston."



It's snow fun for Dylan Bass, 6 of Reston. With a push from dad Chris, he is ready to take the ride of his life down his favorite snowy hill in Reston.



PHOTOS COURTESY OF RESTON HOSPITAL CENTER

Located on the third floor within the hospital, the center offers immediate 24/7 access to a complete array of medical and surgical services.

Reston Hospital Center Opens Inpatient Rehabilitation Center

Reston Hospital Center has announced the grand opening of their new Inpatient Rehabilitation Center. The Inpatient Rehabilitation Center consists of 18 private rooms and provides comprehensive medical rehabilitation to adults with physical impairment and disability secondary to disease, dysfunction, or trauma. Located on the third floor within the hospital, the center offers immediate 24/7 access to a complete array of medical and surgical services.

"As the area's newest trauma center, we see more complex patients who require a higher level of care," said John Deardorff, President and CEO of Reston Hospital Center and HCA's Northern Virginia Market. "With our new Inpatient Rehabilitation Center, we can provide that care in a comfortable environment close to home."

Depending on individual

needs, treatment plans for Inpatient Rehabilitation patients could include the following:

- ❖ Physical Therapy
- ❖ Occupational Therapy
- ❖ Speech Language Therapy
- ❖ Pet Therapy
- ❖ Certified Rehabilitation Nurse Assistance

The Inpatient Rehabilitation Center is a part of RHC's master plan expansion which includes both an expanded state-of-the-art Intensive Care Unit, slated to open in February 2019, and a second Catheterization Lab, opening later in the year. Additional projects include a new parking garage, a glass visitors' concourse, and other facility upgrades to allow for a more comfortable and convenient experience at Reston Hospital Center. Construction plans are slated to be complete by the end of 2019.

For more information about Reston Hospital Center visit www.restonhospital.com.



Pay Attention, State Legislature Not Gridlocked

Thousands of bills considered over 45 days could have a big impact on your life, for better or for worse.

A week is already completed in the short (45-day) session of the Virginia General Assembly, and so many important things are in the works, in danger of happening or not happening, that no one can have a clear view of it all.

An example: The Senate Courts of Justice Committee voted for a bill 8-6 that would bar the execution of people with serious mental illnesses. Possibly you didn't realize that it is legal to execute someone with serious mental illness, because it makes no sense. But this bill failed last year.

Another success for the moment: increasing the minimum wage to \$15 over several years also cleared Senate committee.

Do you know who your Virginia delegate and senator are? Every resident of Virginia gets one of each. Enter your address here: <https://whosmy.virginiageneralassembly.gov/> to find out all of your representatives, plus contact information. Call and tell them, or leave a message, about what matters to you. Send an email. Connect to them on Facebook and watch for live Q&A sessions.

Here you can search legislation by bill number or keyword, find video and streaming: <https://virginiageneralassembly.gov/>

Last week's editorial, a long legislative wish list, <http://www.connectionnewspapers.com/news/2019/jan/08/opinion-editorial-wish-list-things-session-general/> still omitted many important actions, despite its length. One in particular made it into some editions and not others: To establish equal rights for LGBT Virgin-

ians, especially in housing and public employment.

Here are a few more important items:

The Virginia State Conference NAACP Criminal Justice Committee supports the passage of the following bills that are up for debate in this legislative session:

❖ HB 1651 - Raises grand larceny limit from \$500 to \$750 (Del Hayes)

❖ HB 1642 - Increases data collection on use of solitary confinement (Del Hope)

❖ SB 1013 - Repeals suspension of drivers licences for not paying fines (Sen Stanley; Del Kory)

❖ SB 1053 and HB 1745 - Makes juvenile offenders sentenced to life automatically eligible for parole after serving 25 years. (Sen Marsden; Del Lindsey)

❖ HB 2616 - Raises the minimum age a child can be tried as an adult from 14 to 16 (Del Guzman) (And this is still far too low.)

❖ SB 1551, HB 1685, HB 1873 and HB 1688 - Limits the scope of what School Resource Officers can get involved, prohibits students from being charged with disorderly conduct, and mandates data collection of use of force against students. (Sen Surovell, Del Schuyler T. VanValkenburg, Del Bourne; Del Mullin)

❖ SB 997 - Decriminalizes simple marijuana possession. (Sen Ebbin)

❖ SB 1008 - Bans mechanical devices designed to increase rate of bullets firing. (Sen Ebbin)

❖ SB 1013 - Repeals the requirement that the driver's license of a person convicted of

any violation of the law who fails or refuses to provide payment of fines be suspended. (Sen Stanley)

❖ SB 1034 - Prohibits any person who is not a licensed firearms dealer from purchasing more than one handgun in a 30-day period. (Sen Locke)

❖ HB 1991 - Labels violent hate groups as domestic terrorists (Del Price)

❖ HB 2472 - Adds gender, disability, gender identity, and sexual orientation to the categories of victims whose intentional selection for a hate crime results in a higher criminal penalty for the offense. (Del. Kenneth R. Plum)

House Courts of Justice members: Robert B. Bell (chairman), Leftwich (vice chair), Kilgore, Gilbert, L.R. Adams, J.L. Campbell, Collins, Miyares, Ransone, R.R. Campbell, Watts, Toscano, Herring, Hope, Mullin, Bourne, Simon, Carroll Foy.

Senate Courts of Justice members:

Obenshain (chairman), Saslaw, Norment, Howell, Lucas, Edwards, McDougle, Stuart, Stanley, Reeves, Chafin, Deeds, Sturtevant, Petersen, and Peake.

Find contact information <https://virginiageneralassembly.gov/>

See our website

www.ConnectionNewspapers.com for many stories from the General Assembly from the Capital News Service, written by journalism students from VCU.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

General Assembly Agenda

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



COMMENTARY

In a recent social media post, I indicated that the annual General Assembly session would be underway very soon. AutoCorrect changed the text to be "underwater very soon." My son alerted me to the change, and I made what I thought was a correction. As the General Assembly session has gotten underway I am starting to wonder if AutoCorrect knew something that I am now coming to realize: The General Assembly may well be underwater! The session is scheduled to go until Feb. 22. Meeting five days a week means 38 actual days for work on more than 2,000 bills and resolutions. While I have highlighted big issues like redistricting reform, preventing gun violence and ERA ratification, there are many more issues large and small that make up the agenda for the session.

Virginia has always conformed its income tax policies to the federal system. With the massive changes that have been made in federal tax law, the General Assembly will wrestle with what we will do in Virginia. There will

be an effort to resolve the issue early in the session to accommodate taxpayers who want to file their returns early. Part of the tax policy debate will be making the Earned Income Tax Credit (EITC) refundable as promoted by the Governor in a bill that I have introduced. The purpose would be to allow persons of low income to keep more of the money they earn and be more self-supporting.

As a Dillon Rule State meaning local governments have only the powers granted to them by the state, dozens of bills, called local bills, are introduced to extend powers some of which are very minor to a particular locality. Another group of bills is called housekeeping to make corrections or clarifications to legislation that passed in previous sessions. All these bills are important but add to the workload of a session.

Challenging environmental issues will be coming before the legislature many of which relate to energy. There are proposals to increase

the required uses of alternative and renewable fuels. Cleaning up from the past use of fossils fuels and the resulting growth in coal ash ponds will be taken up.

There is strong need to deal with the degradation of water quality in the Chesapeake Bay area. The Tidewater area is subject to recurrent flooding coming about with climate change that needs addressing now rather than later.

There are many bills dealing with criminal justice reform including bills intended to reduce the school to prison pipeline. The Governor has announced his support of decriminalizing possession of small quantities of marijuana. A bill that has been introduced would allow casino and sports gambling.

There will be a number of dog and cat bills that include high levels of emotion from interested parties. Being able to limit dogs running across the properties of land owners is a big concern in rural areas.

To review all the bills on the agenda of the General Assembly go to <http://lis.virginia.gov>

If you have not done so already, let me know your positions on issues by going to my website (www.kenplum.com). Click on Legislative Session Survey.

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NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic

Editor ❖ 703-778-9414

kemal@connectionnewspapers.com

Mercia Hobson

Community Reporter

mhobson@connectionnewspapers.com

Andrea Worker

Contributing Writer

aworker@connectionnewspapers.com

Jean Card

Production Editor

jcard@connectionnewspapers.com

ADVERTISING:

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

Debbie Funk

Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising

703-778-9431

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President

Jerry Vernon

703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager:

Geovani Flores

CIRCULATION

circulation@connectionnewspapers.com



Local Resources for Individuals Impacted by Shutdown

No impact on job or clearances.

By **MERCIA HOBSON**
THE CONNECTION

Staff from Cornerstones and Western Fairfax Christian Ministries attended the panel, “Survival Guide for Businesses Impacted by the Federal Government Shutdown” presented by the Dulles Regional Chamber of Commerce.

Kerrie B. Wilson, Cornerstones, said: “We have made our normal record keeping/applications easier, people can show a federal ID or contractor’s ID or tell us it’s shut-down related to make it easier for people to come in and ask for help – without worrying that they are having to apply for government assistance or somehow impact their job or clearances. While that would not be the case, for people who have never relied on government help, it might be a question.”



PHOTO BY MERCIA HOBSON/THE CONNECTION

“Contact your creditors before there is a problem. Explain your situation and see what option they can provide for deferring payments or debt to protect your credit and assets,” says Kerrie B. Wilson of Cornerstones

CORNERSTONES, along with Fairfax County and other safety net organizations, is ready to help all those impacted by the federal government shutdown. Even for those government employees who now have been promised back pay, this uncertainty has caused stress and many families don’t have a financial backup plan.

“For contractors or employees of businesses who aren’t guaranteed lost wages or whose hours have been cut indefinitely, we empathize with the hardship this has created for your families or for your businesses,” she said.

If you are concerned about what to do or know of someone who may need help, general advice is the same for anyone faced by an unexpected life event or financial crisis – be proactive.

Contact your creditors before there is a problem, explain your situation and see what options they can provide for deferring payments or restructuring debt to protect your credit and assets.

For people in northwestern Fairfax County, reach out to Cornerstones (571-323-9555) or Fairfax County (703-222-0880)– they’ll guide you through options and provide resources and referrals that can help now.

Concerned about the shut-down and need help managing your bills? Get ahead of the problem. Contact your mortgage company or landlord, credit card companies, and utility service provider to explain your situation and ask for information on payment deferral or assistance to protect your credit.

Once you are feeling secure again, plan for a future emergency by considering the financial resources you’ll need for the future.

Teasa Northern, Interim Executive Director at Western Fairfax Christian Ministries, says: “We at WFCM are concerned for those impacted by the government shutdown. As federal employees and government contrac-

tors in our community face questions about how to pay bills and meet basic needs, we want them to know we are here to help.”

Mary Ellen D’Andrea, Director of Development, said: “WFCM offers those who need our services the opportunity to receive help in a compassionate, respectful and private way, by appointment. What makes us different from other food pantries is that we are faith-based and run by a small team of seven with over 110 regular volunteers working in the pantry and reception area. We couldn’t do it without these dedicated volunteers who with care and concern, work along staff, offering not only food, but often teaching the financial classes, with care and concern. We realize that food insecurity and having a hard time paying bills is stressful. At WFCM we provide a little bit of peace, hope and security for those who need our help”

Grace Foust, Director of Client Services: “We offer a wide variety of services that go beyond our food pantry and basic financial aid. We also offer financial classes, resume classes, nutrition classes, the Senior Luncheon Program, the Pathways to Success Program, clothing vouchers, and laundry services. Part of our goal is to uplift those struggling in our community, not just to get by, but to succeed and to have fellowship with others in the community as well.”

Pamela Montesinos, Director Food Pantry Services: “The WFCM food pantry model is unique in the area because we allow those who come to the pantry the opportunity to shop and choose what they need and not receive pre-bagged items.”

WFCM MISSION: To provide food and financial support to those at risk of hunger and homelessness in western Fairfax County - the following zip codes: 20120, 20121, 20122 - Centreville; 20124 - Clifton; 20151 - Chantilly; 22033 - Fairfax; 22039 - Fairfax Station

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Physician John Whyte has become a popular Smithsonian Associates speaker in recent years, empowering audiences to be better advocates for their own health. With his trademark clarity and humor, Whyte explains how to sort through conflicting advice, sensational headlines, and short-lived fads to make yourself stronger, healthier, and better educated about your own body. Now Whyte gathers all his best advice in a one-day seminar, designed to guide you through a comprehensive look at critical aspects of personal health. Participants leave educated, engaged, and entertained and with new tools to approach the job of staying healthy.

Whyte, a board-certified internist and author of several books on health, is the chief medical officer at WebMD.



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Impacted? How to Survive the Shutdown

Dulles Regional Chamber presents panel to advise individuals and businesses.

BY MERCIA HOBSON
THE CONNECTION

Both businesses and people need to prepare for the extended federal government shutdown. “The impact to federal contractors and their workforce, as well as impact to local retail, is already being felt,” said John P. Boylan, President & CEO, Dulles Regional Chamber. The Chamber hosted a free panel, “Survival Guide for Businesses Impacted by the Federal Government Shutdown” at the Hilton Washington Dulles in Herndon on Thursday, Jan. 10, 2019.

Membership heard from CPAs, bankers, insurance experts and lawyers on steps to protect themselves, their families and assets, businesses and employees. Presenters discussed the direct and indirect costs of the partial shutdown, advised how companies could remain solvent, provided options for employees and employers, described remedies available to government contractors and more. “We will be practical, not political. We will talk about solutions,” Boylan said in his opening remarks.

Boylan explained that while people talk about the partial government shutdown that’s left 800,000 essential and non-essential federal employees without a paycheck, federal contractors are also impacted. In addition, the missed payments on Friday will begin to ripple down to affect local retail, restaurants and entertainment. “We need to get ahead of the problem and allow people to ask questions,” Boylan expressed.

Jeff Bentley, CEO & President Northwest Federal Credit Union (NWFCU) spoke first at the panel. “We’ve kind of jumped into the fray ... We are in the community, and we’re here to help,” he said. Bentley outlined NWFCU’s Furlough Relief line of credit available to members and prospective members given a credit check for up to \$10,000 at an introductory 0% APR for 90 days after which it converts to 7.00% APR for the life of the balance. Bentley added that for those who already have a loan with NWFCU, it is offering a “skip a pay ... put that payment at the back of the loan.”

Michael T. Westwick, Senior Accountant Stitely & Karstetter, PLLC provided financial guidance for small government businesses with contract workers. “The name of the game is cash flow,” he said. Income is not coming in so watch expenses, Westwick cautioned. As for retaining key employees not being paid now, Westwick said, “Let them go...and have them file Virginia unemployment. They will receive some money there; then you can rehire them right back.” Westwick noted that the Virginia Unemployment Tax would go up, “maybe a couple hundred a year,” but it may be worth it to retain the employees.

Maureen Schultz, McLean Insurance Group, spoke about business and personal



PHOTOS BY MERCIA HOBSON/THE CONNECTION
John Boylan, President & Chief Executive Officer-Dulles Regional Chamber of Commerce: “We will be practical not political. We will talk about solutions.”

solutions. She said that if companies with contractors see a big drop in employees, call the insurance agent; they can decrease the Workers Compensation exposure. If insurance is based on sales, give a call too. “Have that talk,” Schultz said.

ON A PERSONAL LEVEL, Schultz did not recommend individuals impacted by the partial government shutdown cancel their life, auto, homeowners or health insurance policies. “I do not recommend that ... disasters happen every day, bad disasters. Instead, increase the deductibles on your auto or homeowners. Have the conversation with your agent,” she said. Inquire if benefits can be reduced, not canceled for a time.

Schultz cautioned those present not to miss an insurance payment because the policy would be canceled. She stated whole and variable life insurance policies can have very low-interest loans at 3 and 5 percent that can be paid off at any time. “Tap into that,” Schultz said.

Lavanya K. Carrithers, Attorney at Law, The Carrithers Law Office in Reston provided strategies for employees and employers. For employees, she urged them to review contracts and talk to the other party in the agreement about temporarily renegotiating the contract in light of the partial

shutdown.

As for employers, review contracts and communicate with third parties and employees Carrithers said. Government contracts that are funded and funds received should be performed unless there is stop work status.” Know your burn rate obligations, she said. As for compliance with the law during the shutdown and how to prepare for shutdowns in the future, Carrithers said, “Talk to an attorney...see what your obligations are.”

Fairfax County government and Fairfax County Public Schools are aware of the challenges that lie ahead and are preparing said speaker Supervisor John Foust, (D-Dranesville). “We have an infrastructure in place to deal with the challenges that we think will get much worse over the coming weeks if the shutdown does not get resolved.”

FOUST said there are about 361,000 federal workers in the Washington Metropoli-



Jeff Bentley, President/Chief Executive Officer Northwest Federal Credit Union: “NWFCU is offering a Furlough Relief Line of Credit to their members and potential new members...for up to \$10,000 at an introductory 0% APR for 90 days.”



Michael Westwick, Senior Accountant Stitely & Karstetter, PLLC: “Now is the time to get your stuff together [for the IRS]. Put that money back in your pocket now, so you are not going through your vacation pay, savings account. That’s the easiest money.”

tan region, and about 40 percent of those, which is 145,000, are impacted by the partial shutdown. There are 400,000 contract workers Foust reported. “The ones you see that work till 9 at night. They are cleaning your office. They are really low paid,” he said. “They do not have the resources to get through losing a paycheck for long.”

Fairfax County Public Schools are offering support to families though. “They came right out front and said, they are not going to let any kid go hungry,” Foust said.

Foust detailed information about hiring fairs offered by Fairfax County Public Schools for furloughed federal employees interested in substitute teaching positions.



IMAGE COURTESY OF PARTNERSHIP FOR DRUG-FREE KIDS

E-cigarettes come in a variety of forms.

How to Talk About Vaping

Approaching conversation about dangers of e-cigarettes.

BY MARILYN CAMPBELL

Jessica DeBoer's 13-year-old son just returned to school after a six-day suspension because he was caught vaping in the boys bathroom of his elite private school. Until she received a call from one of the school's administrators, DeBoer was not familiar with the practice and never dreamed her son would partake in it.

"Now I feel like I might have been naive considering how widespread it seems to be," she said. "My son told me that many of the kids in his school have tried vaping and some even do it regularly."

Vaping is the use of e-cigarettes to inhale and exhale an aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes produce an aerosol that consists of fine particles, many of which contain varying amounts of toxic chemicals.

For parents like DeBoer, keeping the line of communication open is a key weapon in keeping kids away from e-cigarettes, says therapist Lisa Baguio, LCSW. "Before talking with your

teen about vaping, or any sensitive issue for that matter, educate yourself and make sure you know what you're talking about," she said. "Kids know more than we give them credit for. Be prepared with unrefutable facts and scientific evidence because you can guarantee yourself that your kids will have their own set of facts, which are often false."

Once you have those facts, be prepared to share them during a conversation with your teen. "It's important that parents are open and honest with their

children," said child psychologist Laurie Jones, Psy.D. "You first have to tell them your expectations. For example, 'In our family, we have zero tolerance for e-cigarette or tobacco use of any kind.' You then should explain the dangers and risks involved and make sure that your teen knows that this is not your just opinion, but proven hazards."

A teen might be less likely to engage in vaping if they can connect it to negative consequences that affect them personally, advised marriage and family counselor Joyce McCarry, M.A. "One thing that teens value is their image among their peer group," she said. "If vaping a substance causes bad breath, that will deter a teen from using it. If getting caught vaping means that they are kicked off a sports team, that will be a deterrent."

A parent's best tactic is creating an environment where one's teen feels comfortable sharing information about vaping and working with them collaboratively to find ways to avoid it, says McCarry. "You want your child to let you know if they're vaping or have friends who are doing it," she said. "You can also let them know that if they're ever in a situation where they're being offered an e-cigarette, real cigarettes or drugs or anything dangerous, that they can call you and you will pick them up immediately with no questions asked."

"You also want you to give your child a way to get out of a risky social situation without feeling embarrassed."

— Joyce McCarry, M.A.

"You also want you to give your child a way to get out of a risky social situation without feeling embarrassed," continued McCarry. "I have a patient whose parents tell him to text them a numerical code whenever he's in a precarious situation with friends. The parents know to call his cell phone and tell him that there's a family emergency and he needs to come home right away. This gives the child an excuse to leave without feeling embarrassed or like he'll be ridiculed for not engaging in risky behavior."

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NOVA PARKS

Public Hearing Scheduled on E-Bike Use on Park Trails

A public hearing will be held in Lorton, Va., on Thursday, February 7, 2019, on proposed changes to regulations on the use of Electrically Assisted Bicycles, or e-bikes, in Fairfax County and NOVA Parks.

The hearing will cover proposed changes to Park Authority Regulation §1.14 Motor Vehicles and Traffic. Under the proposal, the regulation would define an e-bike and clarify distinctions between e-bikes and mopeds. E-bikes would be allowed anywhere traditional pedal-powered bikes are allowed. Mopeds would be allowed only where motor vehicles are permitted.

As part of the proposed change in regulation, draft guidelines for the use of e-bikes within Fairfax and NOVA Parks will be presented. These guidelines outline the type and level of performance for e-bikes that are suitable for use within Fairfax and NOVA Parks. Draft guidelines define e-bikes as a "wheeled vehicle equipped with (i) pedals that allow propulsion by human power and (ii) an electric motor with an input of no more than 750 watts that reduces the pedal effort required of the rider. This applies to both road and mountain style (e/MTB) e-bikes." These use guidelines will be recommendations only and will not be enforceable by law.

The guidelines for e-bike riders would call for them to yield to pedestrians and equestrians and keep e-bike speeds below 20 miles per hour. In addition, e-bike riders would be strongly encouraged to operate only in areas where traditional bicycles are allowed and to not disturb wildlife, livestock or domesticated animals on park property. E-bike riders would be expected to follow the same regulations and rules regarding access to the parks as other visitors. Riders would assume responsibility for the safe and respectful operation of their e-bike. For more information, visit online at <https://www.fairfaxcounty.gov/parks/e-bikes>

The joint hearing to be held by the Northern Virginia Regional Park Authority Board and the Fairfax County Park Authority Board will begin at 7 p.m. at The Jean R. Packard Center at Occoquan Regional Park, located at 9751 Ox Road, Lorton, VA.

Please contact the NOVA Parks Operations office at 703-359-4612 or NOVAParks@nvrpa.org to sign up to speak at the public hearing, or the Fairfax County Park Authority Public Information Office at 703-324-8662 or via email at Parkmail@fairfaxcounty.gov All speakers are welcome; it is not necessary to sign up in advance.

Written comments must be received by March 11, 2019 to be included in the official public record. Please send your feedback to either the Fairfax County Park Authority or NOVA Parks:
Email (preferred): Parkmail@fairfaxcounty.gov or NOVAParks@nvrpa.org

To request reasonable ADA accommodations, call 703-324-8727, TTY 711, at least 10 working days in advance of the registration deadline or event.

Reston Honoring Dr. Martin Luther King Jr

Full-weekend of celebratory events.

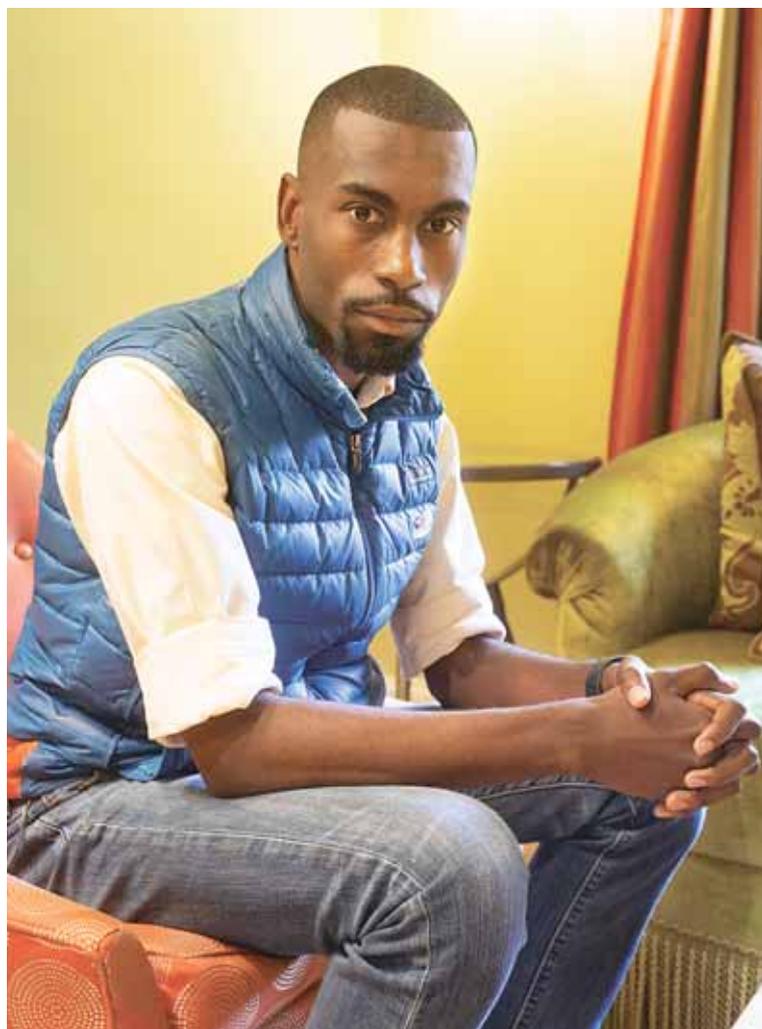
BY DAVID SIEGEL
THE CONNECTION

The Reston community continues its long commitment to commemorate the life and works of Dr. Martin Luther King Jr. This year's three-day celebrations will be the 34th annual Reston celebration.

"The weekend will be of beauty, service, challenges to our comforts and motivation to give more of ourselves to realize Dr. King's dreams of justice, prosperity for all – and peace," said Leila Gordon, Executive Director, Reston Community Center.

"Reston Community Center's (RCC) mission and vision are focused on our community: 'enriching lives and building community for all of Reston,'" said Gordon. "We see our work as an extension of the founding values of Reston, particularly Bob Simon's commitment to inclusion and making sure that every person in the community is able to reach their full potential and contribute to our civic well-being."

"Dr. King's life was a pursuit of social justice, economic equity, and most of all, of realizing our common humanity and treating others in the spirit of that commonality," added Gordon. "While he made giant strides in his all-too-brief lifetime, his work is very much incomplete – it's our obligation to the meaning of his life and the goals of our community to continue to call attention to and strive to realize his and our collective dream."



DeRay Mckesson, keynote speaker at Reston Community Center's Dr. Martin Luther King Jr. Birthday Celebration.

Where and When

Reston Community Center presents a Dr. Martin Luther King Jr. Birthday Celebration weekend. Events include:

❖ Singer/songwriter Crys Matthews, on Sunday, Jan. 20, 2019 at 2 p.m. at Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston, VA 20191. Ticket Prices: \$15 Reston/\$20. Call CenterStage Box Office at 703.476.4500 or visit www.restoncommunitycenter.com.

❖ Civil Rights Activist, author and keynote speaker DeRay Mckesson on Monday, Jan. 21, 2019 at 12 noon at Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston, VA 20191. Ticket Prices: \$5 Reston/Non-Reston. Call CenterStage Box Office at 703.476.4500 or visit www.restoncommunitycenter.com.

Note: Detailed information for the entire 3-day weekend of activities including community service projects, activities for children, concerts and community events honoring Dr. King are at <https://www.restoncommunitycenter.com/attend-shows-events-exhibits/2019-mlk-celebration>



Crys Matthews, singer/songwriter performing at Reston Community Center's Dr. Martin Luther King Jr. Birthday Celebration.



Leila Gordon, Executive Director, Reston Community Center

PHOTOS COURTESY
RESTON COMMUNITY CENTER

The weekend of events includes community service projects, concerts, a keynote address and activities for children. The events take place at the RCC and locations throughout Reston. Events include singer-songwriter Crys Matthews presenting thoughtful, emotional songs to remind audience member of why music soothes the soul.

Keynote speaker DeRay Mckesson, an organizer, activist and educator, will focus on issues of equity and justice. He is a leading voice in the effort to confront the systems and structures that led to mass incarceration and police killings of black and other minor-

ity individuals. His newly released book is "On the Other Side of Freedom: The Case for Hope."

Matthews and Mckesson are "using their lives to be an instrument of positive and radical change in our communities and the larger country," said Gordon. "Their work is committed to lifting up each and every person within our communities."

"We at the Reston Community Center seek to inspire our people to work ever harder to achieve Dr. King's vision for humanity – not just during the weekend of his birthday, but every day of the year," said Beverly Cosham, Chairman, RCC Board of Governors.

RA Launches Resources for Better Aging Webpage

Housing, transportation and home services covered.

The Reston Association website has a new page that provides resources for residents who are seeking information on various topics related to aging in place. The Resources for Better Aging webpage is a project initiated by Reston Association's 55+ Advisory Committee and the Reston for a Lifetime citizens group. The webpage was launched Monday, Jan. 7, 2019.

The resources page provides information on subjects such as housing, transportation and home services. Links to websites of specific organizations and service companies are provided. Most of the organizations and agencies listed are local

nonprofits tasked with assisting Fairfax County individuals, family members and caregivers.

The 55+ Advisory Committee advises the Board of Directors on how to enhance the general welfare and well-being of RA members ages 55 and older. It collaborates with Reston for a Lifetime to encourage aging-in-place. The committee meets at RA headquarters the third Wednesday of each month. Questions about the committee can be emailed to 55AC@reston.org.

Want to age better? Check out RA's new webpage to learn more.



PHOTO COURTESY OF RESTON ASSOCIATION

DINING

A Must Destination at Town Center

Restaurant Review: Clyde's of Reston.

BY ALEXANDRA GREELEY
THE CONNECTION

As just one of the metro area's Clyde's Restaurant Group eateries, the Reston location showcases all that makes the Clyde's restaurants — all 14 of them, including 1789 Restaurant — a must destination for so many foodies. Opened in 1991, this location has been one of the leading attractions for Reston Town Center from its beginning.

Its patrons are the people who seek a casual yet upscale setting, and appreciate courteous waitstaff, and a well-framed menu that includes some of America's faves. These comprise, of course, Clyde's iconic hamburgers and bowls of chili, the crab cakes, and the fried calamari starter. Its lunch and dinner menus are almost parallel, but the chef does swap out and change around some of the offerings.

Each Clyde's location has been carefully crafted so that the interior setting and décor, while casual, is also artfully attractive. In Reston, the bar area has a 1920s look with dark woods, eye-catching overhead lights, and a long, dark wooden bar with stools and a sidebar, also with stools. Rather sip wines or cocktails? Head to the bar. And the interior seating area holds a number of booths and tables, also in dark woods. At a recent dinner (hint: make a reservation) the place was crowded and most tables were taken. Note: Its proximity to the ice-skating rink provides a special treat for patrons who get window seating — they can watch the skaters yet stay warm and comfy

indoors. And as patrons settle down for their feasting, many may wish to start with drinks. And ask for the basket of bread — delicious and hot.

As patrons skim the dinner menu for their pick of the meal, they should note that menu options do rotate. The recent Atlantic salmon wedge with assorted veggies as a topping may not be available all the time. But likely the crab cakes with roasted potatoes will be on hand, and the various pasta dishes that may include farfalle with chopped chicken and cavatappi, pasta here served with sausage and tomatoes as a ragu, could also be one of the kitchen's options. Another plus that Clyde's offers: it is open for brunch. Patrons can then choose from among some appealing standards, such as pancakes, Belgian waffles, smoked salmon with a bagel, and several different egg-based dishes.

Desserts, too, are tempting. Usually a pie or tart makes the list, and if patrons find the white chocolate cheesecake, that is a must. The kitchen also offers assorted ice creams, and quite possibly a fabulous sundae of sorts. For folks not counting calories, add on a milkshake to the dessert or main-course orders. The shakes are thick and rich, and worth every caloric sip.

In short: go to Clyde's often, even daily, to satisfy your cravings for great eats.

Clyde's of Reston, 11905 Market St., Reston. Phone: 703-787-6691. Hours: Mon.-Sat., 11 a.m. to 2 a.m.; Sun. 10 a.m. to 2 a.m.

Note: John Latham, the CEO, an original founder and an owner of Clyde's Restaurant Group, passed away on Jan. 3 from long-standing heart problems.



PHOTO CONTRIBUTED

Pictured, from left, are: Shane Wolfe, Maria Perrones, Theresa Hinds, Teacher Kelly Kapalka, Xiaoqun Deng, Guirong Yuan, Jennifer Kim, Ka Kim, and Douglas Tyson.

Aldrin Cafeteria Team Awarded

On Monday, Dec. 3, Mrs. Ka Kim and the entire Aldrin Cafeteria Team was awarded the Region One FCPS Cares winner(s) at a breakfast celebration held at the school. Ms. Kim was joined by staff members from Aldrin as well as Douglas Tyson, Assistant Superintendent; Shane Wolfe, Aldrin ES Principal; Beth Boivin, Human Resources Employee Specialist; and Maria Perrones, Food and Nutrition Services Acting Director. Kelly Kapalka, Aldrin ES Teacher, nominated Ka and her Team.

The nomination included the

following, "Ka Kim and her staff go above and beyond to meet the needs of all students at Aldrin. I want to thank them in particular for their work with our nonverbal population of students. They remember all their names, their food likes/dislikes, and their PIN numbers. Additionally, they patiently give students time to make requests and work on important independent skills. We can't thank them enough for all the kindness they show to our students."

The Aldrin Café Team is the first School-Based Food and Nutrition Services Team to win this award.

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

Dr. Martin Luther King Jr. Birthday Celebration



PHOTO BY SPITZ

DeRay Mckesson

THURSDAY/JAN. 17

Toddler Story Time. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Age 2 with adult. Register beginning Jan. 3. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Buying and Using a New T.V. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discover the latest features of TVs. Adults, teens. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Creative Response: Abby Wendle. 7 p.m. at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Join the Greater Reston Arts Center (GRACE) one Thursday of each month to hear an expert in their field respond to the work on view in the gallery. Abby Wendle is a producer for NPR's Invisibilia. Free and open to the public. All ages. Visit restonarts.org.

FRIDAY/JAN. 18

Baby and Me Yoga. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. No experience needed. Please bring a towel or yoga mat. Age 6 weeks - 16 months with adult. Register beginning Jan. 4. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Visit scrawlbooks.com or call 703-966-2111.

Great Decision Series. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. The topic for January is "Refugees and Global Migration." Discussion materials are available at the Info Desk. Light refreshments will be served. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

SATURDAY/JAN. 19

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Join or participate any time. Visit scrawlbooks.com or call 703-966-2111.

Fantastic Films at Reston: A Wrinkle in Time. 11 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Warm up with hot cocoa and a literary movie - A Wrinkle in Time (2018, PG). All ages. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Light Painting. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Create a parallel circuit that illuminates LEDs on a seasonal card or a glowing gift of a personal creation. All projects go home. Age 6-11. Register beginning Jan. 5. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

MONDAY/JAN. 21

Reston Photographic Society. 7:30-9:30 p.m. in Room 6 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The Reston Photographic Society invites photography enthusiasts of all skill levels to attend meetings.

Reston Community Center will have a full slate of community events Jan. 19-21 as it presents the 34th Annual Reston Dr. Martin Luther King Jr. Birthday Celebration. DeRay Mckesson, organizer, activist and author of the new book *On the Other Side of Freedom: The Case for Hope*, will deliver this year's keynote address.

❖ Saturday, Jan. 19 - Community Service Projects 9 a.m. at Southgate Community Center, 12125 Pinecrest Road, Reston or 1 p.m. at North County Government Center, 1801 Cameron Glen Drive, Reston. All ages. Free. Registration required at 703-435-7986 or habrock@reston.org.

❖ Saturday, Jan. 19 - 4 p.m., Reston Community Orchestra 13th Annual Tribute to Dr. Martin Luther King Jr. at RCC Hunters Woods - Community Room. Free, donations appreciated. Visit reston.org for more.

❖ Sunday, Jan. 20 - 2 p.m., Singer-Songwriter Crys Matthews at RCC Hunters Woods - the CenterStage. \$15, Reston; \$20, non-Reston (tickets sold through the CenterStage box office).

❖ Sunday, Jan. 20 - 4 p.m., Voices of Inspiration at Northern Virginia Hebrew Congregation, 1441 Wiehle Ave., Reston. All ages. Free.

❖ Monday, Jan. 21 - noon, Keynote Address by DeRay Mckesson followed by community lunch at RCC Hunters Woods: the CenterStage and Community Room. \$5 Reston; \$10 non-Reston (tickets sold through the CenterStage box office)

❖ Monday, Jan. 21 - 11:30 a.m.-2:30 p.m., Especially for Youth (grades 1-6) at RCC Hunters Woods, for 6-12 years old. Children will rotate through a series of activities including a performance, an age-appropriate video, and arts and crafts. Free. Registration required. Reg. #704750-8A at reston.org. Visit www.restoncommunitycenter.com or call 703-476-4500.

Nonmembers are welcome. Visit leagueofrestonartists.org.

TUESDAY/JAN. 22

Baby Lapsit. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Age birth to 11 months with adult. Register beginning Jan. 8. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

INOVA Blood Drive. 1-6 p.m. beside the Pavilion at Reston Town Center. Schedule Bloodmobile appointments at 1-866-256-6372 or at inova.org/donateblood. Register on site.

Regional Library, 11925 Bowman Towne Drive, Reston. Explore yoga poses and movement while enjoying books and songs with a children's yoga instructor. Age 2-4 with adult. Register beginning Jan. 11. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Visit scrawlbooks.com or call 703-966-2111.

SATURDAY/JAN. 26

Meditation Workshop. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn and practice meditation techniques in this workshop with Neil Goodman. Bring a bottle of water. Adults, teens. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Join or participate any time. Call 703-966-2111 or visit www.scrawlbooks.com.

DUPLO Play. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Age 2-5 with adult. No registration required. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

SUNDAY/JAN. 27

YA Book Trivia. 3:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. YA book trivia with refreshments and prizes for the winning team. Age 12-18. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Capitol Steps 2019 Fundraiser. 6 p.m. at the Hyatt Regency Reston, 1800 Presidents St., Reston. Annual fundraising benefit that helps individuals and families at Cornerstones' Embry Rucker Community Shelter. \$100. Visit www.cornerstonesva.org/2019-capitol-steps/ for tickets.

WEDNESDAY/JAN. 23

Senior Movie Day: 25th Anniversary. 9:15 a.m. Bow Tie Cinemas at Reston Town Center. Refreshments are provided, and door prizes are distributed prior to the movie. Registration is not required. Free. Visit www.reston.org, email ashleigh@reston.org or 703-435-6577.

THURSDAY/JAN. 24

Storytime Stem For Preschool. 10:30 a.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn about a STEM topic through storytime books and hands-on learning activities. Age 3-5 with adult. Register beginning Jan. 10. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

Tai Chi Fitness. 6:30-7:30 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join a fun new Tai Chi fitness class. Adults, teens. Register online at fairfaxcounty.gov/library/events or call 703-689-2700, ext. 4. Free.

Teen Advisory Board. 7 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join TAB to gain leadership and volunteer experience. Age 13-18. Call 703-689-2700 or visit librarycalendar.fairfaxcounty.gov.

FRIDAY/JAN. 25

Family Yoga. 10:30 a.m. at Reston

BULLETIN

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

Prescription Drug Take Back Box Program.

Fairfax County announced the expansion of the Prescription Drug Take Back Box Program Countywide. The boxes are available 24/7/365 at each district police station for any person to anonymously and safely dispose of their prescription medications 24/7/365 - no questions asked. It is important to get unused medicines, especially opioids, out of your medicine cabinets to prevent accidental or illicit use. Several Fairfax County pharmacies also take back unused prescription drugs. For a current list, visit www.fairfaxcounty.gov/news2/4-ways-to-safely-dispose-of-unused-medications/.

DONATION REQUEST

Support Reston Historic Trust & Museum.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and installation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit. The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6th, 2019. Read more about their history and donate at www.gofundme.com/preserve-lakeside-pharmacy-icons to assist in their preservation.

INPUT SOUGHT

Unmanned Aircraft Systems (UAS) Program.

Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from residents. Each of six public information meetings will include a static display of unmanned aircraft followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions. The formal presentation will begin at 7 p.m. To find out more about the UAS program go to www.fairfaxcounty.gov/uas. Send feedback or questions to uas@fairfaxcounty.gov or through the link located on the UAS webpage. Written comments on the draft program must be received by the close of business Feb. 8, 2019, to be included in the official public record.

- ❖ Wednesday, Jan. 16, 6:30-8:30 p.m. at South County Governmental Center (Room 221C), 8350 Richmond Highway, Alexandria.
- ❖ Wednesday, Jan. 23, 6:30-8:30 p.m. at McLean District Governmental Center, 1437 Balls Hill Road, McLean.
- ❖ Thursday, Jan. 24, 6:30-8:30 p.m. at Sully District Governmental Center, 4900 Stonecroft Blvd, Chantilly.
- ❖ Monday, Jan. 28, 2019, 6:30-8:30 p.m. at Reston Community Center – Hunter Woods, 2310 Colts Neck Road.
- ❖ Wednesday, Jan. 30, 6:30-8:30 p.m. at Braddock Hall – Kings Park Library, 9002 Burke Lake Road, Burke.

TUESDAYS THROUGH FEB. 19

Workshop Series: Mind in the Making. 6:30-8:30 p.m. at Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1 – Room 100, Dunn Loring. Mind in the Making: The Seven Essential Life Skills Every Child Needs by Ellen Galinsky, encompasses an evidence-based list of life skills that are essential for children to succeed socially, emotionally and intellectually in the short and long term. Participants may register for one or all of the workshops and do not need to attend the previous class. Registration is limited. Call 703-204-3941 or visit www.fcps.edu/resources/family-engagement/parent-resource-center for more or to register.

- ❖ Tuesday, Jan. 22 – Communicating (part 3)
- ❖ Tuesday, Jan. 29 – Making Connections (part 4)
- ❖ Tuesday, Feb. 5 – Critical Thinking (part 5)
- ❖ Tuesday, Feb. 12 – Taking on Challenges (part 6)
- ❖ Tuesday, Feb. 19 – Self-Directed, Engaged

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What To Right About



By KENNETH B. LOURIE

Today, Jan. 12, 2019 is National Glazed Donut Day and the day after my most recent post-scan appointment with my oncologist. A day when, if I'm lucky – as I have been for the past 10 years – my world will change for the better (donut consumption notwithstanding). However, the 'world' to which I refer is one fraught with danger and offers no more guarantees than I've been accustomed to.

To invoke the late, great Rod Serling: I am now entering "The Immunotherapy Zone."

Yes, a brand new – for me – treatment protocol: new drug, new side effects, new frequency, new lifestyle/fewer hassles (potentially), and most importantly: shrinkage (possibly), of my tumors, especially my "Adams Apple" tumor, as I've come to nickname the mass just below my Adams Apple (which is sort of bothering me, if you want to know the truth).

The nature of cancer treatment as I've experienced it – and learned from my oncologist is – if the drug is working, you continue it until it isn't (sounds simple I know). When it stops working, you change as the cancer has figured out the drug's intent. (Cancer cells are smart that way.)

Generally speaking, the cancer drug doesn't start working (shrinking, stabilizing) after it has stopped working (growing). Over my nearly 10 years, I have switched drugs upwards of a dozen times.

Now, I am switching again: to Opdivo, an immunotherapy drug, a class of drugs that didn't even exist a decade or so ago when I was first diagnosed, and one that has only been approved for the treatment of lung cancer since 2015. A drug that, to quote the television advertisement: "offers a chance at longer life."

And so, Team Lourie, two-thirds of it anyway, made the decision to switch and fight. Starting this Friday, I will be infused into the great unknown.

From what my oncologist explained yesterday, aside from the possible benefits, Opdivo has some potentially unpleasant side effects. However, continuing with my present infusion drug, Alimta, now that there's been some growth, is also likely to produce some unpleasant side effects: growth and movement.

And more growth/movement is the worst side effect, relatively and comparatively speaking. So we chose a definite over a maybe. If we continue with Alimta, there will be growth – definitely (that's how cancer works). If we opt for Opdivo, maybe there won't be growth, and maybe there might even be some shrinkage (the good kind).

As for lifestyle changes, there are, according to my oncologist, some quality of life improvements as well, or at least, more weeks in the month when potentially I'll be less impacted by my disease/treatment. Which along with my quality of life has always been a concern of my oncologist.

And, without getting into the details, I'm ready for a change.

Combined with the possibility of tumor shrinkage and fewer/different side effects (some patients report few side effects from Opdivo), I wouldn't say switching to an immunotherapy drug was enticing/a "no-brainer," but it does offer an alternative of sorts. And given where I've been treated from and where I'll be treated now, I am ready for something different.

Changing drugs is always a risk though; it could improve my life or it could make matters worse, a 'worse' from which quite frankly I might not recover (do you remember my yo-yo down-the-stairs visual from a few columns ago?). And I am familiar, unfortunately, with some less-than-encouraging accounts of patients not faring so well.

I just hope there's not a hole in my thinking. Oh wait. That's a hole in my donut. No worries. I'm happy to buy the donut and I never complain about the hole. That's the trade-off. I'm hoping, given the potential benefit of Opdivo, I can likewise live/trade-off with side effects.

My philosophy has always been to take the good with the bad – and vice versa, and after almost 10 years of rolling with the punches, I see no reason to change now.

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

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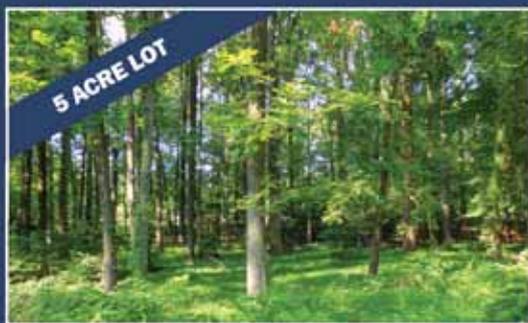
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