

Reston CONNECTION

A condo in this Reston building sold for more than \$1 million in 2010.

\$10 Million: Top Real Estate Sales from 2010

PAGES 11-12

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 10 ♦ CLASSIFIEDS, PAGE 14

Remembering The Best of Reston

NEWS, PAGE 4

Pitching Ideas To Richmond

NEWS, PAGE 3

Home Life Style

Pages 11-12

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PHOTOS BY ALEX McVEIGH/THE CONNECTION

Del. Ken Plum (D-36) and State Sen. Janet Howell (D-32) listen to constituent suggestions for the 2011 General Assembly session at the Reston Community Center Jan. 5. The session starts Jan. 12.

Pitching Ideas to Richmond

BY ALEX McVEIGH
THE CONNECTION

As the Virginia General Assembly prepares to begin its 2011 session, local leaders held several meetings across the community to get a feel for what the public wants done in Richmond this year.

“We like to use these opportunities at the beginning of each session to see what’s on people’s minds,” said Del. Ken Plum (D-36), who spoke in Herndon and Reston last week.

With Metrorail coming to Tysons Corner, Reston and Herndon, and HOT Lanes construction happening around the area, transportation is at the forefront.

“I’d like to put a bill in to remove the cap on the amount that the state can contribute to local projects,” said State Sen. Mark Herring (D-33). “There is currently a \$1 million cap.”

Theresa Martin of Reston, said that expecting the transportation problem to be fixed without more money doesn’t make sense.

“It’s unbelievable that they think we can solve our transportation problems without more money,” she said. “Thinking otherwise is like waiting for a miracle.”

State Sen. Janet Howell (D-32) said that transportation is and will remain the top issue in this area.

“Transportation is the crisis facing this state, and we’re not getting any help from [Governor Bob McDonnell] other than borrow, borrow, borrow,” she said.

Redistricting is also a big issue, with the information collected during the 2010 census being used to reshuffle where districts are located.

Plum said he thought that Fairfax County would lose “about half a delegate seat”, and that Loudoun and Prince William counties would pick up a few seats.

Plum and Herring said they supported non-partisan redistricting, with Herring saying “it seems like a conflict of interest for legislators to draw their own districts.”

Debra Steppel of Reston said that the solution for redistricting could lie in planning down the road.

“If it’s too late to change the way we redistrict now, can we plan for the 2020 census?” she said. “No one knows who will be in power then, and if we can plan now, in 2011, it will likely get more support.”

Other issues were brought to the attention of the



From left, Del. Ken Plum (D-36) and State Sen. Mark Herring (D-33) listen to people’s concerns for the 2011 General Assembly session at Fox Mill Elementary Jan. 5.

legislators, such as McDonnell’s ongoing quest to privatize Virginia liquor stores and ways to boost Virginia’s economy.

Plum said the state income from liquor stores is now taken for granted, and any decrease in that income could be trouble.

“We’ve been in the [liquor] business for a long time, and we’ve gotten used to the \$250 million we get from profits and taxes” each year, Plum said. “If we’re going to start over, that’s fine, but opportunities that give a clear return to the taxpayer aren’t clear to me.”

Herring said that in his years of knocking on doors of his constituents, “not one person has said ‘I don’t like the system we have now, you need to fix this.’”

Reston resident Diane Blust said she wanted the General Assembly to “facilitate the purchase of Virginia-produced food products to be purchased by institutions, such as our schools.”

Plum said he agrees with that, calling it “the thing for institutions to do that creates an economy for local farmers to sustain what they do.”



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Reston Garden Club president Barbara Pelzner (left) and vice president Ellen Perrins present Reston founder Robert Simon with a gift to thank him for speaking at their Jan. 4 luncheon. The Garden Club sponsored a dogwood tree to be planted at the Walker Nature Education Center in honor of Simon.

Fitting Tribute for Simon

Reston Garden Club honors Robert Simon by planting dogwood.

BY ALEX McVEIGH
THE CONNECTION

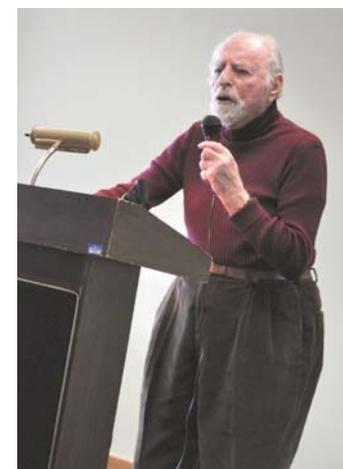
The Reston Garden Club honored Reston founder Robert Simon Tuesday, by having a dogwood tree planted in his honor at the Walker Nature Education Center. The 70-member club surprised Simon after inviting him to their monthly luncheon, ostensibly to speak on the state of gardening in Reston.

“Bob Simon is all about trees, and when he designed Reston, there was a caveat that there be as many trees as possible,” said Ellen Perrins, vice president of the club.

The Nature House purchased three dogwoods to be planted on their property, and the Garden Club purchased the fourth to be planted in Simon’s honor, said club president Barbara Pelzner.

When Simon spoke to the group, he reminded them that, despite the efforts at maintaining and protecting the landscape, there are still many places in Reston that could use sprucing up.

The triumph isn’t pulling things out of the ground, it’s putting things back,” Simon said. “There’s always a spot crying out for some tender, loving care, which you all are more than capable of providing. Within all of our neighborhoods, there are places crying out for something.”



Reston founder Robert Simon speaks at the Reston Garden Club’s luncheon Jan. 4 at the Reston Community Center.

He also urged the community to be more active in finding more community garden plots, which currently have a wait list.

“Reston is a beautiful place, but a waiting list shouldn’t be something to be proud of, it’s something to be remedied,” he said.

After he spoke, Pelzner and Perrins informed Simon that there would be a dogwood planted at Nature House in his honor, with Perrins saying, “trees are long-lived, which is especially appropriate, and it will go on into the future.”

Simon said he was touched by the gesture.

“I couldn’t think of a more welcome tribute, if you want to call it that,” he said.

The Reston Garden Club was founded in 1970, and is dedicated to encouraging interest in all phases of home gardening, better horticultural practices, flower arranging, civic beautification and the conservation of native plants and wildlife. More information can be found at www.restongardenclub.org.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Weekend on Ice

Frigid temperatures didn't slow down ice skaters from enjoying the music while gliding on the ice at Reston Town Center's Ice Skating Pavilion Saturday. The glass-enclosed pavilion, located at 1818 Discovery Street, is open seasonally early November through March. Admission is \$9 for adults and \$7 for children; skate rentals are \$4. For more information, call the skating hotline at 703-709-6300.

Dave Edwards to Be Honored

The 2010 Reston Citizen of the Year Award will be presented to Dave Edwards in a ceremony at the Reston Community Center (Hunters Woods) from 7 to 8 p.m. on Thursday, Jan. 13. Edwards is being honored for over 40 years of service to the Reston Community. It is especially appropriate that he be honored in the Community Center he helped to create. The Citizen of the Year Award is presented each year by the Reston Citizens Association for extraordinary service to the community.

Refreshments will be served following the award presentation.

RA Headquarters Achieves LEED Certification

The Reston Association headquarters facility will receive a certification for its environmentally friendly and energy saving design. The U.S. Green Building Council announced that the facility, which occupies one-and-a half floors of the building at 12001 Sunrise Valley Drive, will be awarded a Silver Certification.

LEED stands for Leadership in Energy and Environmental Design and is a voluntary certification program developed by the USGBC. It provides a foundation for identifying and implementing practical and measurable green building design, construction, operations and maintenance solutions.

A third party certified by the USGBC uses a seven category rating system - sustainable sites, water efficiency, energy, atmosphere, materials and resources, indoor environmental quality, innovation and design process and regional priority credits - to determine the points a facility receives.

The certification for the Reston Association headquarters is for the space occupied and not for the building itself. Last July, Reston Association moved from its home of 40 years to the Reston Corner office complex at the corner of Reston Parkway and Sunrise Valley Drive. The headquarters is the second Reston Association facility to achieve LEED certification. Last November, the Nature House was awarded Gold Certification. Reston Association's mission statement is to preserve and enhance the Reston community through leadership, service and stewardship of our resources.

Free English Classes

Free English classes have resumed for the January to Mid-May semester at the Washington Plaza Church in Lake Anne Village, Reston. Beginner and Intermediate level classes are held on Sundays and Wednesdays from 2 to 3:30 p.m. while Beginner and Intermediate/Advanced classes are on Thursday evenings from 7 - 9 p.m. Students may register and enter classes at any of these times. Visit www.washingtonplazachurch.com for more details.

NEWS

Remembering the Best of Reston

Jack Corkey, 63, was recognized for nourishing the community.

BY ALEX McVEIGH
THE CONNECTION

Jack Corkey, who was honored along with his wife Laurie as among the Best of Reston in 2005, died suddenly Sunday at the age of 63. The Corkeys are well-known among the community for their work to help the hungry, homeless and ill.

Corkey was also the former owner of the Great Harvest Bread Company, which has locations in Herndon and Vienna, which he retired from in March 2010.

"Nobody in Reston had more friends than Jack Corkey," said Bruce Boston, who met Corkey in 1987 when he moved to Reston. "He was deeply involved in many community affairs."

Supervisor Cathy Hudgins (D-Hunter Mill) said she was shocked at the unexpected news.

"I first heard of Harvest Bread when I learned of the effort they made to employ people with disabilities," she said. "It is a real loss to the community. When Jack came before the [Board of Supervisors], we expected him to be around much longer."

THE BOARD of Supervisors honored the Corkeys upon their retirement in March for "their contributions to improve the quality of life in Fairfax County." They cited the couple's work with Boy and Girl Scout troops, the Fairfax County Council for the Arts, the Juvenile Diabetes Research Foundation, the Giving Circle of Hope and the Elden Street Players.

They were recognized in 2005 as the Best of Reston for "Nourishing Our Community." In addition to their other work, they donated bread to St. Anne's Episcopal Church in Reston and were involved in the county's Meals on Wheels Program and Reston Interfaith. "[Jack] and Laurie were honored as the Best in Reston in 2005 for their work together over the years, nurturing the community with their hands-on service in so many areas, including volunteer support for Reston Interfaith's Embury Rucker Community Shelter and addressing our house and hunger needs locally," said Kerrie Wilson, CEO of Reston Interfaith. "Through Great Harvest they con-

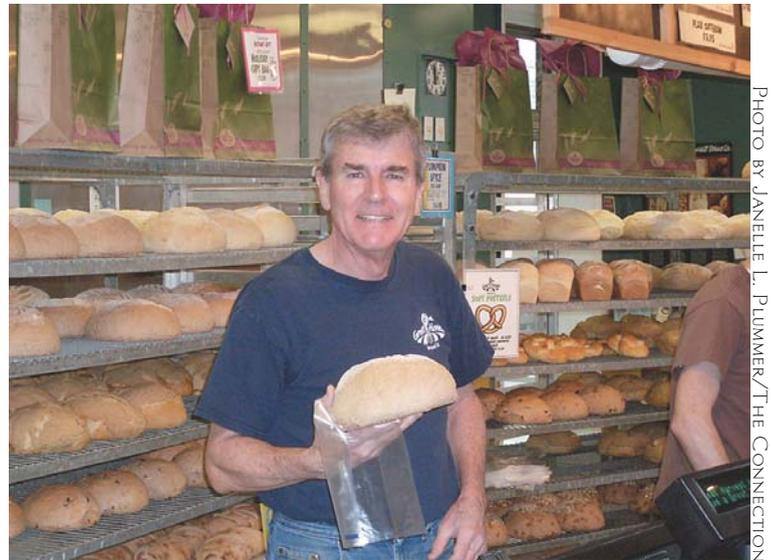


PHOTO BY JANELLE L. PLUMMER/THE CONNECTION

Jack Corkey, previous owner of the Great Harvest Bread Company, died Sunday at the age of 63. Corkey, a Reston resident, was honored along with his wife Laurie in 2005 as the Best of Reston for "Nourishing Our Community."



PHOTO CONTRIBUTED

Jack Corkey and his wife Laurie are recognized by the Board of Supervisors March 23, 2010, upon their retirement. The Corkeys were honored for work with Boy and Girl Scouts troops, the Fairfax County Council for the Arts, the Juvenile Diabetes Research Foundation, the Giving Circle of Hope and the Elden Street Players.

tributed bread and other resources to nourish so many in this community."

THEY CORKEYS opened Great Harvest in 1990, after visiting a similar bakery in Lexington, Ky. After being recognized in 2005, Corkey remained humble about their mission.

"We just do what we do," he said. "We don't do it to be honored."

Corkey had a special relationship with the joggers and bikers who used the W&OD trail, which runs right near Great Harvest's

downtown Herndon location.

"Jack was always there supporting the Bike to Work Day, and riders along the W&OD Trail were the best supporters of Harvest Bread," Hudgins said.

Boston remembered his friend as a man of many talents.

"Early in life he made his way as an actor, and his fine singing voice graced many weddings, including my own," he said. "Great Harvest was virtually a community cen-

ter, and the people who came there came because of Jack just as much as the bread."

"Nobody in Reston had more friends than Jack Corkey."

— Bruce Boston

COMMENTARY

The Circumlocution Office

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



Cynics of government will find a delight in reading Charles Dickens' Little Dorrit, especially Chapter 10 "Containing the Whole Science of Government."

(www.readprint.com/chapter-2800/Little-Dorrit-charles-Dickens)
"The Circumlocution Office was (as everybody knows without being told) the most important Department under Government. No public business of any kind could possibly be done at any time without the acquiescence of the Circumlocution Office. Its finger was in the largest public pie, and in the smallest public tart. It was equally impossible to do the plainest right and to undo the plainest wrong without the express authority of the Circumlocution Office..."

Campaigning against government's size, reach and costs has become a popular political strategy. Certainly utmost care must be given to keeping government in check and to limiting governmental functions to those things that cannot be done best by oneself or the private sector. The zeal to cut back government can lead to over-simplification of the purpose and functions of agencies of government by proponents and critics. For example, in Virginia the Governor's Commission on Government Reform has made dozens of recommendations for downsizing government. One proposal would get rid of the Rail Advisory Board made up of businesspersons with expertise in

rail issues who advise the Virginia Department of Rail and Public Transportation on these matters and who serve without compensation. Supposedly the Rail Advisory Board duplicates the work of the Commonwealth Transportation Board that has no one with

rail expertise on it. Savings to the Commonwealth: zero. The Board has no staff assigned to it. Loss to the Commonwealth: substantial loss of expertise it gets for free. The only winners are politicians who say that they voted to reduce the size of government.

The most recent federal elections produced many new officeholders who promise government reform. But as Dickens went on to write, "It is true that every new premier and every new government, coming in because they had upheld a certain thing as necessary to be done, were no sooner come in than they applied their utmost faculties to discovering how not to do it.

It is true that from the moment when a general election was over, every returned man who had been raving on hustings because it hadn't been done, and who had been asking the friends of the honourable gentlemen in the opposite interest on pain of impeachment to tell him why it hadn't been done, and who had been asserting that it must be done, and who had been pledging himself that it should be done, began to devise, how it was not to be done."

Know an office of circumlocution in Virginia? If so, let me know the name of it (email me at kenplum@aol.com), and I will see that something is done about it.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

The Unitarian Universalist Church in Reston, 1625 Wiehle Ave., will host a series of Pastoral Care forums. The forum on Hospice Care is Jan. 19 at 3 p.m., facilitated by the Rev. Dr. Janae Moore, a Senior Counseling Educator and Chaplain from Capital Hospice. Moore will provide an overview of hospice care: what it is, what it isn't, costs and more. Free. Reserve at Caring_Circle@uureston.org.

Chabad of Reston-Herndon is opening registration for their newest adult-education course, Toward a Meaningful Life: A Soul-Searching Journey for Every Jew. Rabbi Leibel Fajnlund of Chabad of Reston-Herndon will con-

duct this six-session course at the Chabad Aleph Center, 718 Lynn St. in Herndon, during six Mondays at 7:30 p.m., starting Feb. 7. 703-476-1829 or www.myJLL.com.

St. Timothy's Episcopal Church, 432 Van Buren St. in Herndon, presents "Journey to Adulthood", a comprehensive Christian Education for youth in grades 6-12. It uses Bible study, prayer, rites of passage, outreach ministries and both serious and playful activities to underscore its core message that adulthood must be earned.

Bright Pond Bible Study presents their 12th year of Bible study, a non-denominational group of women searching the Bible for God's truth. Meeting at Good Shepherd Lutheran Church, 1133 Reston Ave. in Herndon, starting 9:30 a.m. Sept. 22. bpbiblestudy@aol.com.

How To Avoid 9 Common Buyer Traps Before Buying a Home!!

Washington, D.C. — Buying a home is a major investment no matter how you look at it. Unfortunately, for some homebuyers it is more expensive than it needs to be because they fall prey to at least a few of the common and costly mistakes which trap them into either overpaying for the home they want or, worse, buying the wrong home for their needs.

A systemized approach to the home buying process can help you to steer clear of these errors, allowing you to not only cut costs, but also to buy the home that best fits your needs. An industry report has just been released entitled, "9 Buyer Traps and How

To Avoid them". This important report discusses the 9 most common and costly of these homebuyer traps.

Having the right information beforehand can undoubtedly make a major difference in how you structure your offer and in your negotiation with the seller. To hear a brief recorded message and to order your FREE copy of this report, call toll-free 1-800-363-0356 and when prompted enter ID # 2301. You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out what you need to know before you buy a home.

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OPINION

Be Sure To Let Us Know in 2011

Reaffirming our mission in the new year.

As local, weekly newspapers, the Connection's mission is to bring the news you need about your community that you are not likely to get anywhere else — to advocate for community good, to provide a forum for dialogue on local concerns, and to celebrate and record milestones in community and people's lives.

At the Connection, we begin 2011 by looking for more input from our readers.

First, send us photos of you and your pet plus a few sentences for our Pet Connection, which will appear the first week in February. We'd like to have photos by Jan. 20.

Let us know how we're doing, and let us know what is going on in your part of the community.

We invite you to e-mail us letting us know about something you especially liked or didn't like about our coverage, and to write us letters to the editor.

We learn a lot from readers' ideas and questions. If you see something that you think might

be a story, or just something you wonder about, give us a call, or drop us a line.

We want to know if you have an idea for fixing traffic in your part of the world. We want to know if you've had a good or bad experience with local government or your schools.

We'd like to hear your ideas about how to make things better. If you know of a person or an organization that is interesting, doing important work, and might make a good feature story, let us know.

EDITORIAL

This year, almost every state and local elected official is up for reelection, and we will do our best to let you know why this matters and what you need to know in short bites with some longer analysis along the way. If you have questions you'd like us to ask candidates as we go forward, let us know.

We are looking for interesting people to feature in our pages each week. If someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished some feat like running a marathon or having art included in an art show, these are all things that we want to know.

The Connection will publish photos and notes of a variety of community events and

milestones, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, school, etc. Email or mail us a photo and a note about the event. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events in local businesses. Notes about openings, new employees, anniversaries and other accomplishments and events are welcome.

Our calendar of events lets people know about upcoming events. Send the information at least two weeks ahead of the event, and include a photo if possible. Events to be listed in calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you in 2011. We have a new website in the works (our current site has served us well but is best described as an antique) that will open up many more lines of communication. Stay tuned.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Consider an Alternative

BY JACK KENNY
PAST PRESIDENT,
REPUBLICAN CLUB OF
GREATER RESTON



A DIFFERING POINT OF VIEW

The Commonwealth has two major core infrastructure challenges: transportation and higher education. Our transportation needs are well documented. We have been living with gridlock for a number of decades as both parties have had their opportunity to address. We now have an almost impossible task to generate the funding necessary to catch up.

As the Commonwealth grows economically, so grows the demand for roads as the preferred method of commuting to make a living. The most recent proposal by Governor McDonnell to borrow (sell bonds) for \$4B is intended to

provide a small down payment on our actual transportation needs. Meeting the transportation demands is simply based on the concept of providing more lane miles (concrete and asphalt).

The need for investment in our higher education infrastructure has been estimated as the equivalent of building another Virginia Tech within the next 10 years to meet the demands of our growing population. This estimate is based on the bricks and mortar solution: more classrooms, dormitories, labs and administrative office spaces. It also means more professors and

supporting staff.

Notice that the current solutions are the traditional approach to problems: more concrete, asphalt, bricks and mortar. The Commonwealth possesses one of the premier communications infrastructures in the country. Virtually all of the major population centers are connected by high-speed fiber optic cabling. Each day more homes, businesses, and organizations are realizing the advantages of this critical infrastructure.

Over the past five years or so, bills have been submitted in the House of Delegates to promote the use of the telecommunications infrastructure popularly referred to as "telecommuting" or "teleworking". Each legislative proposal uses the "tax break" as an inducement to businesses. However, the tax revenue people in Richmond have a visceral reaction to tax breaks: the budget will not allow it.

It challenges the mind that the budgeters struggle to find \$400M to add some lane miles to a business corridor when a 10 percent investment would satisfy the demand by taking commuters off the road. Distance learning facilities would relieve the pressure for more bricks and mortar on our university campuses. A fresh look is needed in Richmond.

Write

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

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-778-9410.

By e-mail: reston@connectionnewspapers.com

Volunteer Fairfax to Hold a Family Volunteer Day

Families will get to enjoy the opportunity to give back to the community by working on service projects provided by Facets, Fairfax 4-H, Herndon Senior Center, Jewish Community Center of Northern Virginia, Operation Military Kids and Orphan Foundation of America. Projects will benefit homeless animals, deployed military personnel and their families here at home, children, hospital patients and orphans.

A Family Volunteer Day, celebrating Martin Luther King, Jr. Day and the spirit of service this day represents, will take place on Monday, Jan. 17, at the George Mason University: 4400 University Drive in Fairfax,

Shift 1: from 10:30 a.m. to 12:30 p.m. (Shift one is currently closed) and Shift 2: from 1:30 p.m. to 3:30 p.m.

This experience allows children to witness first-hand how fun and easy volunteering can be, while providing quality family time and working on projects that will benefit people in need.

Registration: Contact Daneen Matheson DMatheson@volunteerfairfax.org or 703-246-3826 for more information on Give Together: A Family Volunteer Day.

THE CONNECTION

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NEWS

New in Town

Vapiano's brings stylish 'fresh casual' dining to Reston Town Center.

BY VICTORIA ROSS
THE CONNECTION

The Vapiano brand has been called cosmopolitan eye-candy, sophisticated and edgy, and recognized by international magazines for being a "hot concept" and "trend-sparking." But Vapiano is not one of Vogue's hot new Italian designers. It's an internationally-acclaimed restaurant chain that combines German efficiency with Italian flair. A new 200-seat restaurant is opening in Reston Town Center this March.

"I tried Vapiano's in Dulles Town Center after my girlfriends said 'let's go have lunch there,' and it's pretty good. It's definitely a very stylish place," said Christina Gonzales of Herndon.

SERVING traditional Italian food

such as pastas, pizzas, soups and salads, Vapiano veers off the conventional food map with its ultra-modern decor and unusual ordering routine.

Instead of customers being waited on at their tables, diners are given a "chip card" that they swipe at each computerized food station. (Sounds complicated, but it's fun once you get the hang of it.) The menu features entrees of pasta or pizza, ranging from \$7 to \$10, based on the diner's choice of cheeses, meats, seafood and vegetables. Food is prepared exhibition-style by Vapiano chefs, who help guests pick and choose from a number of fresh ingredients listed on 5-foot chalkboards above each food station. Desserts, or Dolci, are classic Italian, such as Tiramisu or Crema di Fragola — fresh strawberries with mascarpone. Restaurants are typically 4,000-6,000 square feet, seat 150 or so guests and have a blended check average of about \$13.50 per guest.

In addition to traditional Italian favorites such as pasta with carbonara or pomodoro sauce, guests can also get something more innovative (as in, no one's

Italian grandmother ever made this) with one of Vapiano's "signature" dishes, such as Tacchino Piccante (chicken breast with orange-chili sauce, bok choy and bell peppers), or a prosciutto, fig and honey pizza. The restaurant's modern image and vibe are the craft of Matteo Thun, one of Milan's star architects and designers. High ceilings, tall glass windows, contemporary light oak furnishings and natural stone complement sophisticated Villeroy & Boch dinnerware and hip-pop-lounge music.

THE UNMISTAKABLE décor and imaginative food has created a huge customer fan base on sites such as Yelp and Trip Advisor, and blogs like Chocolate & Zucchini, and helped fuel the company's worldwide expansion.

"Vapiano is an emotional fuel-stop for people that love a modern, authentic and fresh casual dining experience," said Kent Hahne, President of Vapiano International. Hahne, who started his restaurant career at a McDonald's in Germany, founded the Vapiano chain in 2002 with several partners.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Vapiano – the trendy pizza and pasta bar – is opening its second Virginia location at Reston Town Center in March.



PHOTO COURTESY OF VAPIANO

Vapiano's interior design is stylish, sleek and chic. This restaurant on M Street makes a playful artistic statement with a wall of red hats.

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ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/JAN. 13

International Guitar Night. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. With Clive Carroll, Alexandre Gismonti, Pino Forastiere and International Guitar Night (IGN) founder Brian Gore. \$25. www.wolftrap.org.
Preschool Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 3-5 with adult. 703-689-2700.

FRIDAY/JAN. 14

The Peabody Trio. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Chamber music. \$35. Wolftrap.org.

SATURDAY/JAN. 15

Weekend Bluegrass Concert Series: The Fitzmaurice Band. 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Progressive and alternative country music. \$12. 703-435-8377 or www.fitzmauriceband.com.
Fairfax Symphony Orchestra. 8 p.m. at the George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Tickets \$25-\$55, available at 888-945-2468 or cfa.gmu.edu.
Buskin & Batteau. 7:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Folk



The Weekend Bluegrass Concert Series presents The Fitzmaurice Band, Saturday, Jan. 15 at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. The quintet is fronted by twin sisters Maria and Sarah Fitzmaurice, performing a crossover between progressive and alternate country with bluegrass. Tickets are \$12. Reserve at 703-435-8377 or www.fitzmauriceband.com.

duo. \$22. Wolftrap.org.

Fairfax, Virginia. Broadway show tunes and desserts. \$8-\$20. 703-916-0232 or pam.odom@verizon.net.

SUNDAY/JAN. 16

Annapdale High School Choral Department presents Broadway Desserts. 1 p.m. and 7:30 p.m. George Mason University Cultural Arts Center, 4400 University Drive,

University Cultural Arts Center, 4400 University Drive, Fairfax, Virginia. Broadway show tunes and desserts. \$8-\$20. 703-916-0232 or pam.odom@verizon.net.

TUESDAY/JAN. 18

Pat Victor. 7:15 p.m. in the Back Room at The Tortilla Factory, 648 Elden St., Herndon. Contemporary songwriter and slide guitarist, presented by The Folk Club of Reston-Herndon. \$10-\$11. www.patvictor.com, www.restonherndonfolkclub.com or 703-435-2402.
Penguin Party Preschool Storytime. 7 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories and rhymes all about penguins. Age 2-5 with adult. 703-437-8855.
Baby Steps Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 13-23 months with adult. 703-689-2700.
ESL Advanced. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Practice English in a group with a volunteer facilitator. Adults. 703-689-2700.

WEDNESDAY/JAN. 19

Baby Music. 10:30 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Children's music, rhymes and rhythms and more. 703-437-8855.

THURSDAY/JAN. 20

Terrific Twos. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime. Age 2 with adult. 703-689-2700.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com. Deadline is Friday.

THURSDAY/JAN. 13

2010 Reston Citizen of the Year Award. 7 p.m. Reston Community Center Hunters Woods. The Award will be presented to Dave Edwards by the Reston Citizens Association for extraordinary service to the community. Refreshments will be served.
Lupus Support Group. 12 p.m. at Reston Hospital Center, The West Wing, 1850 Town Center Parkway, Reston. lh@ascendcomm.com or www.lupusgw.org.
Reston Historic Trust Annual Meeting. 5 p.m. Reston Museum & Shop, 1639 Washington Plaza, Lake Anne Village Center, Reston. 703-709-7700 or www.restonmuseum.org.
Blood Drive. 9 a.m.-2:30 p.m. Northwest Federal Credit Union Herndon Branch, 200 Spring St., Herndon. With Inova Blood donor Services. Open to the public, advance registration requested at www.nwfcu.org/donate, sponsor code 5089.

FRIDAY/JAN. 14

Business, Bagels and More. 7:45 a.m. Holiday Inn Chantilly Expo Center, 4335 Chantilly Shopping Center, Chantilly. Business networking with the Dulles Regional Chamber of Commerce. \$15-\$25. dullesregionalchamber.org.

MONDAY/JAN. 17

Give Together: A Family Volunteer Day. Dewberry Hall in the Johnson Center, George Mason University, 4400 University Drive, Fairfax. Volunteer Fairfax is calling all families to volunteer, in conjunction with the Martin Luther King, Jr. Day of Service. Projects are most appropriate to elementary school aged children, but can be completed by younger children with adult supervision. Service projects will benefit FACETS, Fairfax 4-H, Herndon Senior Center, the Jewish Community Center of Northern Virginia, Operation Military Kids and the Orphan Foundation of America. Register at 703-246-3826 or www.volunteerfairfax.org.
Assistance League of Northern Virginia. 9:30 a.m. at the Sully Government Center, 4900 Stonecroft Blvd., Chantilly. A nonprofit, volunteer organization promoting literacy and well-being for women and children through community based programs, such as Operation School Bell: New Clothes for Kids and Weekend Food for Kids. Meetings are the third Monday of every month. 703-878-1928.

WEDNESDAY/JAN. 19

The Advisory Board of the Northwest Center for Mental Health Services. 7-9 p.m. at Northwest Center for Community Mental Health, 1850 Cameron Glen, Reston. Volunteers are needed to serve and act as advocates for women's shelters, homeless shelters, etc. The Board meets the 3rd Wednesday of every month. Contact

Cleveland at 703-435-0868 or leaderwilliams@gmx.com.
Alzheimer's Caregiver Support Group. 6:30 p.m. Reston Police Station, 12000 Bowman Towne Drive, Reston. 703-204-4664 or 703-723-4657.

FRIDAY/JAN. 21

Dulles Regional Chamber of Commerce Casino Royale. 7 p.m. Westfields Marriott, 14750 Conference Center Drive, Chantilly. Door prizes throughout the evening. A portion of the proceeds benefit the Chamber's scholarship fund. \$50-\$65. dullesregionalchamber.org.

SATURDAY/JAN. 22

Open House. 10 a.m.-2 p.m. The Boyds School, 13251 Woodland Park Road, Herndon. Serving infants through middle school. Year round and academic year program options available. 571-203-8686.
Open House. 10 a.m.-2 p.m. The Boyds School, 11579 Cedar Chase Road, Herndon. Serving infants through middle school. Year round and academic year program options available. 703-404-9733.

TUESDAY/JAN. 25

Greater Reston Chamber of Commerce Network Night. 5:30 p.m. M&T Bank, 1861 Wiehle Ave. #100, Reston. Networking, food and drink, door prizes and more. communications@restonchamber.org

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Reston Celebrates Dr. Martin Luther King Jr. Birthday

NPR's Michele Norris a keynote speaker.



Michele Norris

The 2011 Dr. Martin Luther King Jr. Birthday Celebration Planning Committee announces Michele Norris, NPR's host of All Things Considered, as the keynote speaker at the Reston 26th Annual Dr. Martin Luther King Jr. Birthday Celebration on Monday, Jan. 17.

The award-winning journalist with more than two decades of experience will reflect on the celebration's theme, "Are We Keeping the Promise?" Norris began hosting All Things Considered on Dec. 9, 2002, and was named one of Essence Magazine's 25 Most Influential Black Americans in 2009. Norris will also participate in a panel discussion on community service and volunteerism with Supervisor Catherine M. Hudgins (D-Hunter Mill) and Eileen Miller, Senior Consultant with Booz Allen Hamilton.

The Weekend Celebration begins with a performance by the Reston Community Orchestra at RCC

Hunters Woods at 6 p.m. on Saturday, Jan. 15. The celebration continues with the "Voices of Inspiration" concert at the Northern Virginia Hebrew Congregation at 4 p.m. on Sunday, Jan. 16. The commemorative celebration on Dr. Martin Luther King Jr. Day will be held on Monday, Jan. 17 at Reston Community Center Hunters Woods from 9 a.m. - 1:30 p.m. Youth activities occur for registered participants from 10 a.m. - 2 p.m.

The Reston 26th Annual Martin Luther King Jr. Birthday Celebration weekend is presented by the Reston Community Center in cooperation with Martin Luther King Jr. Christian Church, the Office of Supervisor Hudgins, Reston Community Orchestra, and Reston Interfaith, with the support of many other religious and civic organizations, business groups, and schools.

2011 Reston Association CALL FOR BOARD CANDIDATES

Interested in guiding the direction of the Reston community?

Then consider running for the Reston Association Board of Directors.

Two seats will be open in the spring:

- Hunters Woods/Dogwood District- must be a resident of the district
- One At-Large Director

To qualify you must:

- Be a Member of the Reston Association
- Complete a Statement and a Petition of Candidacy

Details or questions: Cate Fulkerson cate@reston.org • 703-435-6512

Forms must be filed by 5 p.m., Feb. 4, 2011. Candidacy forms and other election information can be found online at www.reston.org.

The election is open to property owners and renters within Reston Association.



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Friends of Homeless Animals is a non-profit, no-kill shelter for cats and dogs.

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11:00 AM the Garden, Traditional Worship Service
other weekly services
5:30 PM Saturdays: Relax & Renew, Casual Worship Service
6:30 PM Wednesdays: Chapel, Prayer Service

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SCHOOLS

Martha F. Fischer of Reston has been accepted to The Graduate School at Virginia Tech. Fischer is majoring in human development and pursuing a master of science.

Emily M. Peck of Reston has been accepted to The Graduate School at Virginia Tech. Peck is majoring in human development and pursuing a master of science.

Frederick M. Kyle of Reston has been accepted to The Graduate School at Virginia Tech. Kyle is majoring in educational leadership and policy studies and pursuing a master of arts in education.

Lauren E. Whitley of Reston, a 2009 graduate of South Lakes High School, has been named to the fall 2010 dean's list at Christopher Newport University in Newport News. The sophomore is a directing and dramatic literature major in the Theatre Department.

John W. Sample of Herndon has been accepted to The Graduate School at Virginia Tech. Sample is majoring in information technology and pursuing a master of information technology.

Ashima Gulati of Herndon has been accepted to The Graduate School at Vir-

ginia Tech. Gulati is majoring in computer science and applications and pursuing a master of science in the College of Engineering.

Zhongmin Ma of Herndon has been accepted to The Graduate School at Virginia Tech. Ma is majoring in computer science and applications and pursuing a doctor of philosophy in the College of Engineering.

Carmine A. Cafiero of Herndon has been accepted to The Graduate School at Virginia Tech. Cafiero is majoring in architecture and pursuing a master of architecture in the College of Architecture and Urban Studies.

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1/18/11	9:45 AM & 1:45 PM
1/21/11	9:45 AM & 1:45 PM
1/24/11	9:45 AM & 1:45 PM
1/27/11	9:45 AM & 1:45 PM



A Family Volunteer Day

Monday, January 17, 2011
Shift 1: 10:30 a.m. - 12:30 p.m.
Shift 2: 1:30 p.m. - 3:30 p.m.
GMU - Fairfax Campus

Families of all shapes and sizes can volunteer at projects benefiting six local nonprofits.

Spaces are limited and pre-registration is required at www.volunteerfairfax.org.



Volunteer Fairfax

Special thanks to the Connection for its support of volunteerism.

Home Life Style Elegant and Efficient

Less is more as homeowners seek higher quality in smaller spaces.

BY JOSHUA BAKER,
PRESIDENT, BOWA
SPECIAL TO THE CONNECTION

Today's homeowners are much more informed and educated about what they want in a home. Travel, home shows, the internet and a greater focus on the importance of transforming a house into a home, have led homeowners to be very particular about what renovations they do and how they go about them.

No longer are people limited to cookie-cutter plans from a builder selecting little more than the color of the tile or carpets. Instead today's homeowners have embraced the idea of actively participating in determining customized solutions that will best suit their family's needs, wants and lifestyle.

Here are remodeling trends that BOWA Builders predicts for 2011.

2011 Trends

PROJECTS – SMALLER AND BETTER

The trend to smaller, higher quality spaces continues as many local residents discover that what they need is not more space, but better space. Often when talking with clients about possible projects we find that making a home larger is not the answer to their concerns. The problem is the bulk of the existing homes in our area were not designed for the way we live today. Small, compartmented rooms, a kitchen that is meant to be occupied by two or three people at most and formal rooms that separate the family from each other are no longer the types of spaces families' desire. As a result today's home remodeling projects often focus on reconfiguring, opening up and otherwise improving existing spaces to better suit the way today's families live, play and entertain. Because many BOWA clients lead hectic schedules outside of the home, they continue to trend toward remodeling



A sophisticated media room renovation in McLean allows for much more than viewing movies.

projects that create highly usable, comfortable living spaces in their home. Families want practical and appropriate spaces in their home retreats because they treasure their time there.

KITCHENS – TRANSFORMATION BY DESIGN

Kitchens are the social center of our homes and need to accommodate a myriad of uses. While sometimes the solution is adding square footage, particularly in homes built 30 or more years ago, frequently the solution lies in re-thinking the layout and improving the connection to surrounding spaces, both interior and exterior. In one BOWA project, the wall separating the formal dining room from the kitchen was removed completely, creating a spacious casual kitchen. The new expanded eating area was a much improved use of the families existing space, and is now consistent with their lifestyle and priorities.

THEATERS – AS LIVING SPACES

Media rooms have become more and more prevalent as families look for ways to incorporate the latest technology into their homes and lives. While these rooms began as home theaters they are evolving to fit many more aspects of family life. No longer is their sole purpose to showcase a movie while the audience sits quietly in the dark in rows of comfortable seating. Incorporating theater seating with lounge seating and counter space provides an opportunity to socialize with friends during the game or gather the family on a weekday evening. After a recent BOWA renovation, the theater is now used each evening as the family relaxes together with their own focus or project.

REPEAT REMODELERS

Requirements for homes change as the family grows and matures. Often what worked wonderfully when a couple is starting out with small

children is no longer the best option as everyone gets older and schedules, hobbies and family dynamics evolve. Many families find that they decide to complete multiple projects during the life of the home. In other cases it just makes sense to phase projects to minimize interruption or spread the costs over time. Year after year, a number of BOWA clients return to us ready to take on the next phase of their home remodeling projects. For one local family, BOWA recently completed its fifth project including a family room expansion, a master suite addition and garage, a guest suite renovation, kids' bath renovations, and an exterior make-over.

HIGH PERFORMANCE HOMES

For some homeowners the desire to be "green" and minimize their impact on the environment will drive them to investigate new available options, such as high-efficiency windows. For others it is the desire to reduce the costs of maintaining a home. For still others it is to reduce the contaminants that may exist in our homes. Today's answers to these issues can be flaunted in the design of a renovation or seamlessly incorporated into a home without compromising the integrity of the design. Whatever the goal, we recommend to all BOWA clients that they consider having an energy audit completed on their home before undergoing any renovations. The resulting report will pinpoint many small changes that can drastically improve a home's performance. Often these items can be incorporated into the planned renovation without driving substantial cost increases. These can include adding insulation in unseen gaps in the home envelope, changing the means of heating water or updating outmoded appliances and equipment.

For more, see www.bowa.com.

Top 8 Home design and remodeling trends for 2011.

Case Design and Remodeling identified what they believe will be the top eight trends in home design and remodeling for 2011. Based on emerging industry developments and customer requests, the list was compiled by Bill Millholland, executive vice president at Case.

- 1. LED or compact fluorescent (CFL) lighting** – Homeowners are moving away from incandescent fixtures toward more energy-efficient choices such as LED and CFL bulbs.
- 2. High-quality synthetic materials for home exteriors** – Synthetic materials such as Hardie Plank siding and PVC trim pieces mimic the look of natural materials like wood, but are

much more durable and better able to withstand climate changes.

- 3. Large format bathroom tiles** – Smaller square tiles are being replaced with tiles measuring 12" x 12" or larger, as well as non-square shapes (12" x 18"), producing flooring and walls that showcase more tile and fewer grout lines.
- 4. Multiple finishes on kitchen cabinetry** – Complementary multiple stains and a mix of painted and stained finishes on cabinetry enables homeowners to escape the look and feel of a "cookie cutter" kitchen where all surfaces match.
- 5. Screened porches** – Homeowners

SEE TRENDS, PAGE 13

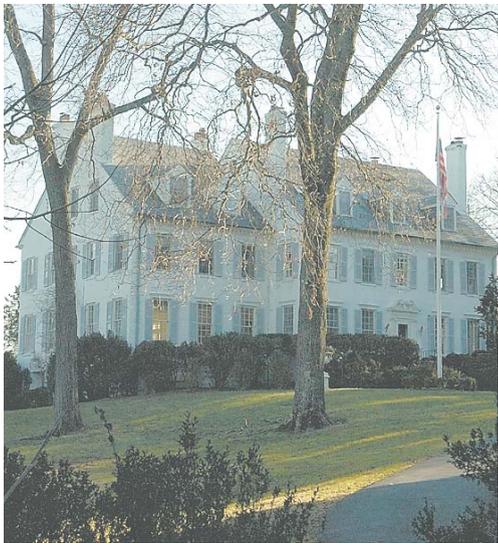


A predicted trend in remodeling for 2011 is larger bathroom tiles, as in the Reston bathroom remodeled by Case Design.

Fairfax County REAL ESTATE

Top Sales

A look at some of the top sales of 2010



2 1147 Chain Bridge Road, McLean



1 1322 Balls Hill Road NE, McLean



3 10350 Elizabeth Street, Great Falls



23 330 Ayr Hill Avenue NE, Vienna



4 6622 Malta Lane, McLean

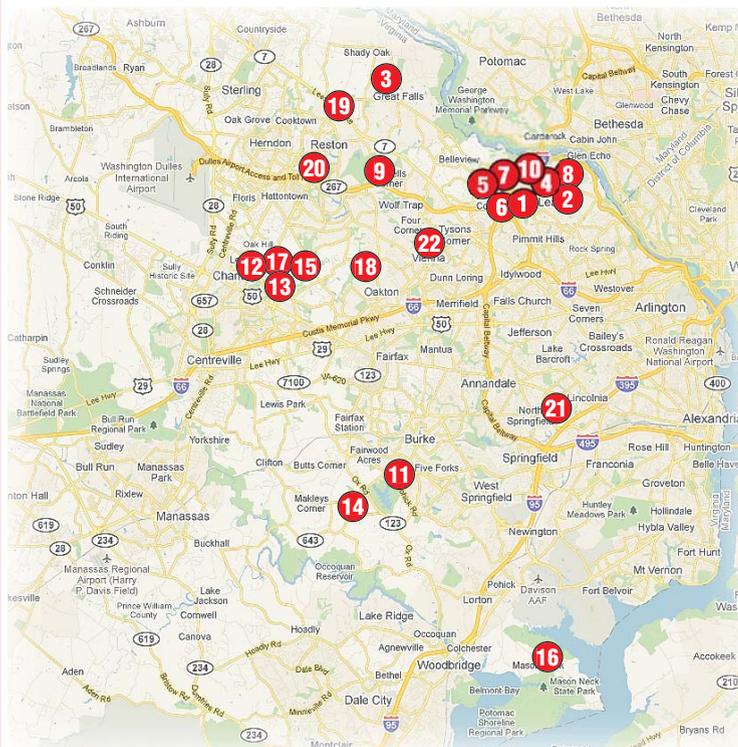
THE TOP TEN

Address	BR	FB	HB	Postal City	Sold Price	..	Type	Lot AC	Subdivision	Date Sold
1 1322 BALLS HILL RD NE	7	8	3	MCLEAN	\$10,200,000	..	Detached	2.05	ELMWOOD ESTS	10/28/10
2 1147 CHAIN BRIDGE RD	12	10	1	MC LEAN	\$8,250,000	..	Detached	5.63	LANGLEY FARMS	01/07/10
3 10350 ELIZABETH ST	7	10	3	GREAT FALLS	\$6,500,000	..	Detached	2.71	GOULDMAN ACRES	07/01/10
4 6622 MALTA LN	5	7	1	MCLEAN	\$6,160,000	..	Detached	1.00	LANGLEY FARMS	03/17/10
5 8113 SPRING HILL FARM DR	5	5	1	MCLEAN	\$4,402,132	..	Detached	1.17	SPRING HILL FARM	04/15/10
6 7301 DULANY DR	5	6	2	MCLEAN	\$4,335,000	..	Detached	2.19	ELMWOOD ESTS	08/12/10
7 7681 BALLESTRATE CT	6	6	3	MCLEAN	\$4,000,000	..	Detached	1.03	THE RESERVE	08/03/10
8 1127 LANGLEY LN	7	5	1	MCLEAN	\$3,850,000	..	Detached	0.60	LANGLEY FARMS	05/18/10
9 1532 CROWELL RD	5	5	3	VIENNA	\$3,750,000	..	Detached	2.83	BROWNS MILL ESTATES	11/11/10
10 7029 BENJAMIN ST	5	5	1	MCLEAN	\$3,603,350	..	Detached	1.10	LANGLEY FOREST	06/11/10

SOME OTHER TOP SALES IN FAIRFAX COUNTY

11 9829 SUMMERDAY DR	4	4	1	BURKE	\$1,175,000	..	Detached	0.86	BURKE LAKE MEADOW	08/09/10
12 3408 MEYER WOODS LN	5	4	2	FAIRFAX	\$1,310,000	..	Detached	0.83	THOMPSON ROAD PROPERTY	05/18/10
13 3491 ROSE CREST LN	4	4	1	FAIRFAX	\$1,240,000	..	Detached	0.99	OAK HILL ESTATES	05/27/10
14 11001 SANDY MANOR DR	5	4	1	..	FAIRFAX STATION	..	\$1,685,000	..	Detached	5.01	SANDY RUN FOREST ESTATES	04/28/10
15 12191 GOLDENCHAIN CT	4	4	2	HERNDON	\$1,445,000	..	Detached	1.25	SHADETREE ESTATES	09/08/10
16 11191 GUNSTON RD	5	6	1	LORTON	\$3,600,000	..	Detached	5.26	..	STONE MANOR ON THE POTOMAC	..	09/29/10
17 12827 PARAPET WAY	4	5	1	OAK HILL	\$1,350,000	..	Detached	1.20	OAKTON CHASE	07/23/10
18 2601 GENEVA HILL CT	5	5	1	OAKTON	\$1,475,000	..	Detached	0.94	HANNAH HILLS	07/29/10
19 11284 STONES THROW DR	5	3	2	RESTON	\$1,290,000	..	Detached	0.69	ESTATES AT WYNDHAM HILLS	08/12/10
20 11776 STRATFORD HOUSE PL #11043	3	3	0	RESTON	\$1,060,000	..	Penthouse	STRATFORD	01/29/10
21 5253 MONROE DR	6	5	1	SPRINGFIELD	\$1,075,000	..	Detached	0.41	EDSALL ROAD PROPERTY	07/20/10
22 330 AYR HILL AVE NE	6	5	2	VIENNA	\$2,200,000	..	Detached	0.53	VIENNA	07/22/10

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM.



© Google Map data

Home Life Style

Trends

FROM PAGE 11

are extending their living areas with screened porches that allow them to enjoy the outdoors throughout the year without the nuisance of insects.

- 6. "Furniture-like" detailing in kitchens** – Varied cabinet and counter heights, distressed finishes and furniture-style toe kicks provide visual interest and help eliminate the "component" look of many kitchen cabinet designs.
- 7. Heated bathroom flooring** – Heated mats underneath bathroom flooring tiles provide

radiant heat that is proven to keep homeowners warmer than forced-air heating systems, helping to save on energy costs.

- 8. Kitchen cabinet accessories** – With drawer inserts for cutlery, spices or dividers, homeowners are making better use of every available space within their kitchens.

"The remodeling industry is poised for substantive growth in 2011 due to the number of options available to homeowners wanting to revive their living spaces," said Millholland.

For more, see CaseDesign.com or call 800-513-2250.

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*2.99% based on a 2-1 buy down on a 30-year fixed conventional rate. First year rate 2.99%, second year at 3.99%, and years 3-30 at 4.99% (4.941% APR based upon 80% LTV, loan amount of \$320,000 and minimum credit score of 720). Borrower must have minimum credit score of 720 and 10% down payment, maximum loan amount \$417,000. Requires 1% origination fee paid by borrower. Financing offered through First Equity Mortgage of Ohio, Inc., Equal Housing Lender. Licensed by the Virginia State Corporation Commission, License # MC-2759. Subject to borrower qualification. Offer available on firm non-contingent Purchase Agreements written and accepted by January 31, 2011 on select market homes. Must close by February 28, 2011. Subject to underwriting approval. Prices, programs, and rates are subject to change or withdrawal without notice. Other restrictions may apply. First Equity Mortgage of Ohio, Inc. is a wholly owned subsidiary of The Drees Company. Not all homes may qualify for this rate. Home prices subject to change without notice.

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Call Specific Agents to Confirm Dates & Times.



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13511 George Wythe Ct....\$385,000...Sun 1-4....Rich Langguth.....Century 21.....703-609-3079
12506 Northern Valley Ct...\$549,900...Sun 1-4....Suzanne Burch.....Century 21.....703-328-5606

McLean

6903 Lupine Lane.....\$1,795,000...Sun 1-4....Jan and Dan Laytham...Long & Foster.....703-759-7777

Falls Church

411 West Broad St.....\$325,000...Sun 1-4....Keith Harris.....Samson Properties...703-395-6601

Vienna

9411 Cello Court.....\$739,500...Sun 1-4....Heather Embrey.....McEneaney.....571-236-2616
2006 Roundhouse Rd.....\$1,049,997...Sun 1-4....Chris Brown.....Long & Foster.....301-928-2479

Fairfax

10719 Oak Pl.....\$399,900...Sun 1-4....Denene Crabbs.....Century 21.....202-487-4949
3911 Green Look Ct.....\$449,900...Sat 1-4....Denene Crabbs.....Century 21.....202-487-4949
3911 Green Look Ct.....\$449,900...Sun 1-4....Diana LeFrancois.....Century 21.....703-930-6682
10500 Elmira Ct.....\$529,000...Sun 12-4....Lena Restivo.....Weichert.....703-855-7341

Chantilly

13557 Smallwood La.....\$574,950...Sun 1-4....Judy Pfarrer.....Samson Properties...703-989-8767

Clifton

12204 Henderson Rd.....\$749,000...Sun 1-4....Carol Hermandorfer.....Long & Foster.....703-503-1812
12851 Popes Head Rd.....\$849,000...Sun 1-4....Carol Hermandorfer.....Long & Foster.....703-503-1812

Fairfax Station

7114 Lake Tree Dr.....\$799,950...Sun 2-4....Pat Fales.....RE/MAX.....703-503-4365

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10 Ferguson Ct.....\$385,000...Sun 1-4....Doris Crockett.....Weichert.....703-615-8411
20921 Trinity Sq.....\$419,990...Sat 1-4....Judy Willis.....Long & Foster.....703-430-1000
46605 Hampshire Stn Dr...\$489,500...Sun 1-4....Donna Lutkins.....Long & Foster.....703-855-3071

To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Monday at 3 pm.

Herndon-Reston Youth Lacrosse registration for the Spring 2011 season is open through February to youth in the Herndon and Reston areas for girls and boys, ages 6 to 15. No experience is needed. Separate teams are available for boys and girls in age divisions U-15, U-13, U-11 and U-9, with various levels of play based on experience and skill level. The teams compete in the Northern Virginia Youth Lacrosse League (www.nvyll.org) against opponents from throughout Northern Virginia. Equipment rental and financial assistance is available. The season begins in March and runs through the second week of June. For more information on the league and to register, visit www.HRYL.org.

SPORTS ROUNDUPS

The Thomas Jefferson High boys' and girls' swim teams took on McLean in recent Northern Region action. The Jefferson boys (4-1) came away victorious, while the Lady Colonials (3-2) lost to the Highlander girls by five points.

The winning Jefferson boys' 200-medley relay team included Stephen Seliskar, a resident of McLean, and Miles Oakley, who resides in Fairfax. Jon Spitz (Fairfax) won the boys' 50-freestyle race, and Emily Saitta (Springfield) won girls' diving. Other first place finishes for Jefferson came from Brianna Kim (Fairfax) in the girls' 100-fly, and Seliskar in the boys' 100-free. The boys' 200-free winning relay included Alex Li (Oak Hill), Jack Borsi (Herndon), and Spitz.

Region-qualifying swims for Jefferson at the meet came from the boys' 200-medley relay, as well as individual swimmer Seliskar (200 IM and 100 free). Both the Jefferson boys' and girls' teams, through four meets this winter, carried 3-1 records. Following a win over Fairfax, both of the Jefferson teams lost to Madison, but rebounded in a victorious double-header weekend against both South Lakes and Marshall.

Against a strong Madison team, the Colonial girls placed first and second in the 400 freestyle relay, with the teams of Sarah Liu (Annandale), Madison Phillips (Vienna), Mary Kate Dilworth (Clifton) and Katie Bennett (Arlington); and Katy Burgio (Alexandria), Aileen Huang (Herndon), Sarah Quettawala (Herndon), and Emily Bartlett (Broadlands).

In a strong rebound meet, both the Jefferson boys and girls were victorious against both South

Lakes on Friday, Dec. 17 and Marshall on Saturday, Dec. 18. Individual first place finishes against South Lakes came from both Stephen Seliskar (50-free and 100-fly) and diver Emily Saitta (Springfield), as well as Brianna Kim (100-fly) of Fairfax, Leah Gonzalez (100-free) of McLean, and Aedan Collins (100-breaststroke) of McLean. Saitta's diving qualified her for the regional meet.

Jefferson swimmers posting double digit time drops in the meet included Jack Borsi (200-free) of Herndon; Gonzalez (200 IM); and divers Sam Prestwood, (McLean), Kristen Skowronski (Oak Hill), and Melody Wong (Fairfax).

Against Marshall, individual first place finishers for Jefferson included Mary Kate Dilworth (200 IM and 100-fly), Stephen Seliskar (100-free and 100-back), Jake Doran (500-free), Kelsey Rainey (500-free), Sarah Graham (100-back), and Aedan Collins (100-breast).

Paul Rupp, who has served as head athletic trainer at Oakton High School since 2000, has been named Secondary School Athletic Trainer of the Year by the Virginia Athletic Trainers Association (VATA). He will be recognized on Saturday, Jan. 15 at the VATA annual meeting in Richmond. Rupp, a Certified Athletic



The South Lakes High boys' basketball team was 6-5 overall following a Liberty District win over Stone Bridge last week. This Friday night, the Seahawks, under head coach Andrew Duggan, will be at home against district opponent Fairfax High.

Trainer (ATC), is credited with transforming the Oakton High athletic training program into one of the flagship programs within the Fairfax County Public Schools (FCPS) system.

“His demeanor with student athletes exemplifies a caring individual regardless of the severity of the illness or injury,” said John Reynolds, the ATC at Marshall High School, who nominated Rupp. “The commitment to excellence and thoroughness of each care plan is a testament to his overall professional commitment to the profession of athletic training. Paul is a can-do person who is also the go-to person for fellow colleagues.”

Working with a local family practice group, Rupp has established a sports medicine fellowship program, and is regarded as a teacher to the physicians in the program.

His commitment extends beyond the Oakton High community; he has been involved in the statewide Virginia High School League's (VHSL) Wrestling Weight Control program and has served as a statewide instructor for the certified measurer's workshop. In addition, Rupp is a past member of the VATA Secondary School Athletic Trainer's Committee, and former liaison to the VHSL Sports Medicine Advisory Committee.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon Swim Teams Making Good Progress

Hornets girls, boy's teams both preparing for postseason.

BY RICH SANDERS
THE CONNECTION

Recreation Center.

The wins have not come easily this winter season for the Herndon High boys' and girls' swim and dive teams. Nevertheless, the Hornets, competing in the always tough Concorde District, are showing improvement as the regular season heads into its final few weeks.

The Herndon boys were a well-seasoned, veteran squad a year ago.

This year, as a result of the graduation losses of 20 team members, including state-caliber swimmers Brian Via, Danny Camozzo, and Christian Polito, the Hornets entered the current winter season much younger across the board.

Herndon sophomore Conor Cudahy has been a nice bright spot for the Herndon boys. He has earned a Northern Region qualifier time in the 500-freestyle and is likely to earn a region qualifying time in the 200-freestyle as well.

“I think he should also qualify for states in both his events,” said Herndon head coach Kathy McLaughlin, of Cudahy.

Other strong seasons on the boys' side have come from sophomore Jonathan Nguyen, who is close to region times in the 100-freestyle and 200-freestyle events, and senior/captain Ryan Williams, who is close to his region times in the 100, 200, and 500 freestyle events.

The boys' 400-freestyle relay team consisting of Nguyen, Williams, Cudahy, and sophomore Brett Petty, have qualified for regions.

“I am hoping that they make it to states,” said coach McLaughlin.

The Herndon boys (1-3) defeated Centerville on Dec. 3. Losses have come to Robinson, Chantilly, and Oakton. The loss to the Cougars, 215-99, came last Friday night at Spring Hill

THE HERNDON GIRLS have several talented underclassmen swimmers in such team members as Ryan Murphy, Elizabeth McNulty, and Melanie Anderson, all of whom are ninth graders.

Ryan's prowess in the butterfly event has given the girls' 200-medley relay team a big boost.

Other members of the region-qualifying relay are senior/captain Molly Cudahy, junior Jenna VanCamp, and senior/captain Robin Brazier. The same foursome has qualified for regionals in the 400-free relay as well.

VanCamp has earned the girls' team's lone state-qualifying bid thus far - that occurring in the 100-breaststroke event.

Meanwhile, Brazier has qualified for regions in the 200-freestyle, 200-IM and 100-backstroke events.

“She has been my most versatile swimmer,” said McLaughlin, of Brazier.

Cudahy is close to her region qualifying times in the 100-freestyle and 100-backstroke events. Also, Murphy is close to her qualifying times in the 100-butterfly and 100 backstroke races.

“I am hoping for some more swimmers to qualify for states,” said McLaughlin, of her girls' squad. “The girls have only beat Centerville but we were close to beating Chantilly.”

The Herndon High teams will celebrate Senior Night this Friday evening, Jan. 14 when they go up against Centerville again. The following Friday night, Jan. 21, will see the Hornets meet Oakton in the regular season finale.

The postseason will officially get underway on Thursday, Jan. 27 with the Concorde District Dive Championships at Audrey Moore Recreation Center. The district swim championships will take place Jan. 28-29 at Cub Run.

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Of Maximum Importance



By KENNETH B. LOURIE

By the time this column prints on Jan. 12, 2011, I will have met with my oncologist and discussed the results of my end-of-December scans. Given the Jan. 5, 2011 due date of this column however (as was the case with last week's column), it is being written and submitted for copy-editing consideration before the Jan. 7, 2011 appointment with my oncologist will actually have occurred. Ergo the continuing uncertainty.

This kind of waiting and wondering and mind-racing-out-of-control is nothing new for me, nor is it for any patient, terminal or otherwise, who is scanned/X-Rayed and/or examined regularly (women waiting for the results of a mammogram certainly come to mind). And though I don't think I feel any differently (meaning symptomatic/worse), I do feel something. And that something is inevitability. Consider the fact that my oncologist initially told Team Lourie back on Feb. 27, 2009 that I had 13 months to two years to live and Feb. 27, 2011 (the end of that two years) is merely six weeks away, and I'm sure you can imagine the calendar-watching I'm obsessing on.

And as much as I want to, try to, ignore that original prognosis (I hesitate to characterize it as fact since medicine is, after all, a science; it's not arithmetic), it is nearly impossible to do so. Moreover, I have made many changes in my life since first receiving my cancer diagnosis, and they, presumably, along with my attitude, have served me well and likely enabled me to maintain an atypical quality of life (for a terminal patient, I mean) and to outlive that original prognosis. However, as a long-time salesman, I can't shake one of the adages that many of us have learned to live by: "Waiting for the other shoe to drop." Meaning, something negative is lurking – which you can't control. And the corollary to that adage/attitude is inevitability: the longer the news is positive, the closer it gets to being negative. (Or for non-terminal salespersons – in general: "Every 'No' is one step closer to a 'Yes.'")

Not that I'm depressed or on any kind of mental slide, it's more that I'm living a very time-sensitive existence, according to my oncologist. And having been diagnosed with stage IV lung cancer which, generally speaking, doesn't go away, and in my case is inoperable to boot, doesn't exactly enhance what quality of what life you do have. So minimizing anything that is happening to me: symptom-wise, diagnosis-to-date-wise or plain old words-to-the-wise-wise, is challenging to say the least; and the bane of that existence to say the most.

But what else is new? Nothing! This recurring quarterly cycle is of course familiar to me – at this juncture, and comfortable, sort of. I go to the same places, see the same people, follow the same routine. And for me, "same" is good as is "familiar." It lessens the impact and eliminates any of the awkwardness. All of which contributes to managing stress – and stress, as I've been repeatedly told, especially as it effects terminal/cancer patients, is a killer (literally and figuratively). And since being the exception that proves the rule has been my mantra, I am happy to find a path of less resistance.

Still, knowing what I know and doing what I do, doesn't make life any easier, it just doesn't make it more difficult than it already is. And simplifying the cancer tasks (as well as most others, if you want to know the truth) is my goal, because I've reached a point where I can no longer be bothered. I'm already bothered enough.

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

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21 Announcements

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21 Announcements

Reston Community Center



2011 RESTON DR. MARTIN LUTHER KING, JR. BIRTHDAY CELEBRATION



SCHEDULE OF EVENTS

All events are free and open to the public.

**SATURDAY
JANUARY 15**

Reston Community Orchestra Musical Program
6:00 p.m.
5th Annual Memorial Tribute to Dr. Martin Luther King, Jr.
RCC Hunters Woods

**SUNDAY
JANUARY 16**

Voices of Inspiration Concert
4:00 p.m.
Northern Virginia Hebrew Congregation
1441 Wiehle Avenue,
Reston, VA 20190

**MONDAY, JANUARY 17
RCC HUNTERS WOODS
(UNLESS OTHERWISE NOTED)**

Commemorative March

9:00 a.m.
Southgate Community Center to RCC Hunters Woods • Free shuttle to Southgate Community Center starting at 8:15 a.m.

Keynote Address by Michele Norris and Community Service Awards

10:30 a.m.
Keynote address given by Michele Norris, host of NPR's *All Things Considered*

Community Service Projects and Homelessness Workshop

12:15 p.m.
Assemble treats boxes and letters to troops overseas, bag lunches for Embry Rucker Community Shelter, and make blankets/scarves for the homeless.

Especially for Youth

10:00 a.m.
Arts, crafts, and enrichment activity stations for children in grades 1-6
Registration required Reg. #704717-1A

Community Service/Volunteerism Panel Discussion

12:15 p.m.
Panelists are: Supervisor Cathy Hudgins, Michele Norris and Eileen Miller. Audience members will have the opportunity to ask questions.

Artist Reception for Reston Elementary Schools

1:30 p.m.

Dove artwork created by Mrs. Richards' and Mrs. Hunstad's Kindergarten and 1st grade students, Hunters Woods Elementary, 2009-2010.

Volunteer opportunities are available! Visit www.restoncommunitycenter.com for volunteer information and a complete schedule of events, or contact Kevin Danaher, Community Events Director, at 703-390-6166.

The Reston 26th Annual Martin Luther King, Jr. Birthday Celebration weekend is presented by the Reston Community Center in cooperation with Martin Luther King, Jr. Christian Church, the Office of Fairfax County Supervisor Catherine M. Hudgins, Reston Community Orchestra, and Reston Interfaith, with the support of many other religious and civic organizations, business groups, and schools.



Reston Community Center
2310 Colts Neck Road, Reston VA 20191
www.restoncommunitycenter.com



To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY)

