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CONNECTION
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Reston CONNECTION

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MARCH 11-17, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



WE CHANGE LIVES

Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

Yours in fitness,
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!



~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour.

The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

Koko
A Digital Gym

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

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Koko FitClub of Herndon
571-612-2331

Koko FitClub of Reston
571-612-2333

www.kokofitclub.com



Inmate Nydale Sheppard of Reston (left) talks about re-entry services with Jamie Milloy (right), programs coordinator with OAR of Fairfax, at the Fairfax Adult Detention Center Inmate Resource Fair on March 3.



PHOTOS BY TIM PETERSON/THE CONNECTION

Two hundred inmates of the Fairfax County Adult Detention Center participated in the facility's first Inmate Resource Fair on March 3, learning more about support services available to them both before and after their release back into the community.

Hard Time with Re-Entry

Fairfax County hosts first Inmate Resource Fair.

BY TIM PETERSON
THE CONNECTION

They're hoping the third time will be a charm: 34-year-old Demeterius Spann of the Richmond Highway area of Alexandria and 29-year-old Nydale Sheppard of Reston have each been incarcerated three times. And with information gained from the Fairfax County Adult Detention Center and Fairfax Re-Entry Council's first Inmate Resource Fair, they're determined to make this latest stay their last.

"Before, I didn't have a plan and I kept landing here," said Sheppard, who has served 25 months for violating parole and is scheduled for a Dec. 21 release.

Spann, previously a county employee with the Department of Sanitation, has been in seven months and has a trial scheduled later this month.

"I'm here to better myself as a person and expand my horizons to other avenues," he said.

"I'm very excited to see all the people here willing to help us get a fresh start."

— Nydale Sheppard of Reston

TWO HUNDRED of the jail's roughly 1,000 inmates had the chance to meet with a spectrum of national, state and local vendors about services that will help them transition to life after prison: services like housing, job placement, substance abuse and mental health treatment, domestic relations and veterans administration.

"The state prisons have resource fairs and we wanted to bring that great idea to the county," said Alexandria Ruxer, senior probation and parole officer with Virginia State Department of Corrections. "These individuals are coming to our community. Studies have shown if we smooth their transition, that their basic needs like food, housing and clothing are met, the likeliness of recidivism goes down."

Ruxer was part of a team that organized the March 3 fair, along with 1st Lt. Steven Quesenberry, supervisor of inmate programs and recreation for the Sheriff's Office.

"When released they might be lost," said Fairfax County Sheriff Stacey Kincaid. For men and women who re-enter the community without prospects for jobs, housing and other basics, they may "go back to where they came from" and resort to unlawful activity just to survive.

Quesenberry said they would like to offer this kind of event once every six months, to inmates who aren't on extended sen-

tences and have already taken initiative to improve themselves through classes and services offered at the jail.

1st Lt. Steven Quesenberry (left) from the Sheriff's Office and Alexandria Ruxer (right) with the Virginia Department of Corrections were on the team that organized the county's first Inmate Resource Fair on March 3.



Jamie Milloy coordinates inmate programs for OAR, a multi-service organization for ex-offenders with an office in Fairfax.

The classes and services including re-entry planning, fathering and personal finance management begin while the inmate is incarcerated and are available once they're released as well.

"Today I saw a lot of names on the list I've never seen before," said Milloy, whose 25 classes per week serve 3-400 inmates with a waiting list 100 deep. Though information is there, getting it to everyone isn't easy, which is why Milloy is glad they widened the pool for the fair. "This is their shot. They didn't just pull inmates already involved in the programs."

Previously an employee at McDonald's, Sheppard expects to move to Maryland with family and friends when he's released and pursue tile-laying or carpentry. "Now I have a plan and I hope I can execute. I want to further myself in all areas possible."

MALE AND FEMALE INMATES who circulated through the gymnasium for 45-minute intervals from 8:45 a.m. to 3:30 p.m. seemed engaged and excited.

"Some people are ready for the change and they've chosen to be here," said Ruxer. "It's about self-sufficiency, so they grow into productive members of society."

Spann, Sheppard and others are ready for their chance, armed with more information on what's available to them.

"I'm very excited," said Sheppard, "to see all the people here willing to help us get a fresh start."

WEEK IN RESTON

Direct the Money

The first of four Reston Association District and Community Meetings takes place this Thursday, March 12 at Aldrin Elementary School from 7 to 9 p.m.

The Reston Association seeks input from all of Reston as it drafts the 2016-2017 Budget as well as the five-year strategic plan.

Meetings will include information on the current budget overview for the Reston Association, a strategic plan update, an opportunity for member input and to vote in the Board of Directors election and opportunity to talk to representatives from parks and recreation, member services, committees and the covenants administration.

See www.reston.org

❖ North Point District, Thursday, March

12, 7-9 p.m., Aldrin Elementary School, 11375 Center Harbor Road

❖ Lake Anne/Tall Oaks District, Monday, March 16, 7-9 p.m., Reston Community Center Lake Anne, Lake Anne Village Center, 1609 Washington Plaza North

❖ South Lakes District, Monday, March 23, 7-9 p.m., Reston Association Conference Center, 12001 Sunrise Valley Drive

❖ Hunters Wood/Dogwood District,

Wednesday, March 25, 7-9 p.m., Southgate Community Center, 12125 Pinecrest Road

Passionate about Town Center

The Reston Town Center Associations
SEE WEEK, PAGE 7

Public Commission To Review Police Policy

Over some objections, Bulova launches ad hoc commission in wake of police shooting and obfuscation.

BY KEN MOORE
AND TIM PETERSON
THE CONNECTION

Supervisor Michael Frey did not mince words when voicing opposition to Chairman Sharon Bulova's establishment of an ad hoc police commission Tuesday, March 3.

"This is not the time nor the right way to proceed," said Frey (R-Sully).

Bulova's commission will include law enforcement, legal experts, citizens, academics, public information officers, and media.

Fairfax County Police officer Adam D. Torres shot and killed John Geer of Springfield inside the doorway of his own home on Aug. 29, 2013. Police were called following a domestic argument, and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. Geer was shot in the chest and died in his house without receiving medical attention. It took

more than 16 months, a \$12 million civil suit by Geer's family, intervention by a U.S. senator and a court order to get the first information on the shooting, which came in January when police named Torres.

FAIRFAX COUNTY released more than 10,000 pages of documents about the shooting and the investigation on Jan. 30, 2015, in response to the court order. The documents revealed that four other officers on the scene disagreed with Torres, who said Geer moved his hands rapidly down from his head towards his waist prompting Torres to shoot.

"I think there will be a time to do this, but I think this is after we deal with pending outcome of the Geer case," said Frey on Tuesday.

But that could take years, Bulova said, during Tuesday's Board session.

The commission will review existing policies, practices and programs regarding police-community relations, police-involved incidents and laws regarding the public release of information.

"Our board has been taking a hard look at our policies involving the timing and manner of releasing information in the case of critical police-involved incidents," Bulova said. "This effort can be greatly enhanced by engaging with the community in an open, transparent way."

"I think this is an excellent and right thing to do," said Supervisor John Foust (D-Dranesville).

"I'm real happy to see this review get underway," said Supervisor Pat Herrity (R-Springfield).

"This is a learning opportunity for our community. And I mean everybody," said Supervisor Jeffrey McKay (D-Lee).

Michael J. Hershman, founder of the Fairfax Group, is a citizen representative and will chair the commission. He is "an expert in government and corporate ac-



PHOTO BY TIM PETERSON/THE CONNECTION

Demonstrators from around Virginia met Jan. 8 in front of the Fairfax County Courthouse and Police and Fire department headquarters to demand an independent investigation of the shooting death of John Geer.

countability and transparency," according to the Board of Supervisors.

"This effort can be greatly enhanced by engaging with the community in an open, transparent way."

— Sharon Bulova

work and dedication of our public safety personnel," she said. "The Board of Supervisors and the Police Department recognize the importance of maintaining that public trust and the importance of always reviewing policies and practices and seeking to improve."

Supervisor John Cook (R-Braddock) commended Bulova for putting Fairfax County in a leadership role on a critical matter. "This is more than one case, it's part of a national discussion," he said.

"We want to take the time to get this right," said Herrity.

The board approved Cook's amendment

that a review of crisis intervention training within the police department be added to the commission's scope of work.

But Herrity and Cathy Hudgins (D-Hunter Mill) also raised concerns saying that the board itself be more involved in the review.

"It's been over two years since we have had a Public Safety Committee meeting, although one has been promised for some time," said Herrity. "The board needs to have a discussion in open session on these critical issues."

"I think it is the board that should be clearing the mind of the citizens as to where we are," Hudgins said. "This is not the way I would like to do this."

Frey believes the commission will solely focus on the Geer case. "This is the latest reaction to a nasty situation in the media," he said. "I guarantee that focus will not be on process, it will be on this case."

The commission will "review all police department policies related to critical incidents including how and when information is released to the public," according to a release issued by the county. It will also review police policies related to use-of-force training policies, threat assessments and the Internal Affairs Division.

"The commission will also review practices related to the release of information ... along with the relationship between the FCPD and the Office of the Commonwealth's Attorney, and the provisions of the Virginia Freedom of Information Act."

"We will be better at the end for having done this," said McKay.

IN OTHER MATTERS, the board held a 90-minute closed session.

"This is not the time nor the right way to proceed."

— Michael Frey (R-Sully)

Afterwards, Vice Chairman Penelope Gross announced that County Attorney David Bobzien will retire June 30, 2016 and will reorganize the day-to-day operations of the office.

The board will begin the search process for a county attorney by the end of this year.

Commission Members

POLICE

Det. Sean Corcoran, Fairfax Coalition of Police Local 5000
Det. John Wallace, Fairfax County Police Assn.
Brad Carruthers, Fairfax Fraternal Order of Police, Lodge 77
Joseph Woloszyn, Southern States Police Benevolent Association
Lt. Gervais Reed, Fairfax Black Law Enforcement Officers Association
Lucy Caldwell, civilian public information officer
Lt. Col. Tom Ryan
Maj. Joe Hill (alternate)
Representative from Fairfax County Sheriff's Dept.

LEGAL

Douglas R. Kay, Fairfax Bar Assn. president-elect
Bob Ross, former deputy county attorney
U.S. Department of Justice's Nat'l Institute of Justice (Invited)

ACADEMIC/CONSULTANT

Robert Kane – Drexel University, Director and Professor, Criminology and Justice Studies Program (Fairfax County resident)
Jack L. Johnson, PricewaterhouseCoopers, public sector practice

MEDIA/PR

Broadcast Media representative (shared seat): Jeff Goldberg, WJLA, Peggy Fox, WUSA9
Mary Kimm, Connection Newspapers
Merni Fitzgerald, former director of public affairs, Board of Supervisors
Representative from the Virginia Coalition for Open Government

CITIZENS

Jeff Stewart, Chantilly
Adrian Steele, McLean
Nicholas Beltrante, Virginia Citizens Coalition for Police Accountability (with alternate)
Tim Thompson, President, Fairfax County Federation of Citizens Associations
Shirley Ginwright, Chairman, Communities of Trust Committee, President, Fairfax County NAACP COUNTY STAFF (Ex-officio members/supporting)
David Rohrer, Deputy County Executive for Public Safety
Tony Castrilli, Director, Office of Public Affairs

A ragweed pollen as a treatment for a ragweed allergy?

It's called immunotherapy.

RAGWITEK.
An immunotherapy tablet made from ragweed pollen.


RAGWITEK®
Short Ragweed Pollen Allergen Extract
Tablet for Sublingual Use 12 Amb a 1-U



Make an appointment with your allergy specialist and ask if RAGWITEK is right for you.



Not actual size.

Immunotherapy is what RAGWITEK is all about—it uses ragweed pollen, which may help you gradually build tolerance so you become less sensitive to that very same allergen. RAGWITEK is a once-a-day tablet that dissolves quickly when placed under the tongue. After taking it, don't swallow for at least 1 minute. Taken over time, it helps treat that allergic reaction which causes eye and nasal symptoms associated with ragweed allergies.

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen.

RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout the ragweed pollen season.

RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

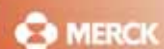
Important Safety Information about RAGWITEK

- RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get immediate medical treatment right away if you have any of the following symptoms after taking RAGWITEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take RAGWITEK if you have severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; have ever been diagnosed with eosinophilic esophagitis or are allergic to any of the inactive ingredients contained in RAGWITEK.
- For home use of RAGWITEK, your doctor will prescribe epinephrine if you have a severe allergic reaction after taking RAGWITEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of RAGWITEK must be taken in the doctor's office. After taking the first dose, you will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- You should tell your doctor about any medicines you take.
- Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Brief Summary on the following page for more detailed information.

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Brief Summary



Carefully read the Medication Guide before you start taking RAGWITEK® and each time you get a refill. This Brief Summary does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or if you want to learn more about RAGWITEK.

What is the Most Important Information I Should Know About RAGWITEK?

RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get medical treatment right away if you have any of the following symptoms after taking RAGWITEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of RAGWITEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking RAGWITEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

What is RAGWITEK?

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen. RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout ragweed pollen season. RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

Who Should Not Take RAGWITEK?

You should not take RAGWITEK if:

- You have severe, unstable or uncontrolled asthma
- You had a severe allergic reaction in the past that included any of these symptoms:
 - o Trouble breathing
 - o Dizziness or fainting
 - o Rapid or weak heartbeat
- You have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You have ever been diagnosed with eosinophilic esophagitis.
- You are allergic to any of the inactive ingredients contained in RAGWITEK. The inactive ingredients contained in RAGWITEK are: gelatin, mannitol, and sodium hydroxide.

What Should I Tell My Doctor Before Taking RAGWITEK?

Your doctor may decide that RAGWITEK is not the best treatment if:

- You have asthma, depending on how severe it is.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD).
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.

- You are pregnant, plan to become pregnant during the time you will be taking RAGWITEK, or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to RAGWITEK.
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
 - o beta blockers and alpha-blockers (prescribed for high blood pressure)
 - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
 - o diuretics (prescribed for heart conditions and high blood pressure)
 - o ergot alkaloids (prescribed for migraine headache)
 - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
 - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of RAGWITEK. Ask your doctor or pharmacist for advice before taking RAGWITEK. RAGWITEK is not indicated for use in children under 18 years of age.

Are There Any Reasons to Stop Taking RAGWITEK?

Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing, or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking RAGWITEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

How Should I Take RAGWITEK?

Take RAGWITEK exactly as your doctor tells you. RAGWITEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take RAGWITEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of RAGWITEK in your doctor's office. After taking the first tablet, you will be watched for at least 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose of RAGWITEK, you will continue RAGWITEK therapy at home by taking one tablet every day. Take RAGWITEK as prescribed by your doctor until the end of the treatment course. If you forget to take RAGWITEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of RAGWITEK, contact your healthcare provider before restarting.

What are the Possible Side Effects of RAGWITEK?

The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side

effects, by themselves, were not dangerous or life-threatening. RAGWITEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to RAGWITEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of RAGWITEK talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

This Brief Summary summarizes the most important information about RAGWITEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about RAGWITEK that was written for healthcare professionals. For more information, go to: www.ragwitek.com or call 1-800-622-4477 (toll-free).

The Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**, Whitehouse Station, NJ 08889, USA

Manufactured by: Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

For more detailed information, please read the Prescribing Information.

usmg-mk3641-sb-1404r000

Revised: 04/2014

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NEWS



Happy 100th Day of School

Lake Anne Elementary School kindergarten classes celebrated their 100th day of school last week.

WEEK IN RESTON

FROM PAGE 3

and Reston Urban Core Associations announced Robert Goudie as their new executive director on March 5.

"Anyone who knows me knows how passionate I am about all things Town Center," Goudie said as part of the announcement.

The Reston Town Center Association is the master association for the Town Center District. It is responsible for managing the district's common property, ensuring design integrity through its Design Review Board, supporting various cultural and other programming within Town Center and monitoring compliance with the Town Center covenants. All residential and commercial property owners in the district belong to the association.

The Reston Urban Core Association within RTCA manages common assets and has responsibilities to Town Center's urban core.

Goudie was the Town Center's Representative to the Reston Master Plan Special Study Task Force, was appointed to recommend changes to the County's Comprehensive plan related to Metrorail's arrival, serves on the Great Reston Arts Center and was President of the West Market homeowner's association from 2004-2011.

He and his wife have been residents of Town Center since 1998.

\$10M Relocation to Reston

Bechtel Corporation is moving from Frederick, Md. to Reston.

The \$10 million relocation will create 700 jobs in Fairfax County,

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said Gov. Terry McAuliffe. The engineering, project management and construction company had already moved its Global Operations to Fairfax County in 2011. The company's corporate headquarters are in San Francisco.

"We have enjoyed immense support from the business community of Fairfax County and the Commonwealth," according to CEO Bill Dudley. "Reston has proven to be an ideal location."

The company considered Texas and Arizona, according to Dudley.

McAuliffe approved \$4 million in funds from the Virginia Economic Development Incentive Grant and a \$500,000 grant from the Governor's Opportunity Fund to assist Fairfax County with the project.

"We look forward to the company's continued expansion in Fairfax County," said Del. Ken Plum.

One Month To Vote

The Reston Association held its Candidates Forum Monday, March 2. Seven candidates filed to run for the four open seats on the Reston Association's Board of Directors. The association has a nine-member board that sets policy on finance and budget, personnel and compensation policies, and planning and program strategies. Each candidate's certified statements are available at www.reston.org. Voting began Monday, March 2 at 5 p.m. and ballots were mailed to members on Monday, March 2.

Voting runs through March 30. Results will be announced in April.

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THE CONNECTION
NEWSPAPERS

Ready to learn more about relapsing **MS?**

You and your loved one are invited to an **MS LIVING EVENT**. Hear from MS experts and others who are living with MS. Plus, get some answers about dealing with MS and information on an oral treatment.

Maggiano's Little Italy, 2001 International Drive, McLean, VA 22102
Wednesday, March 18, 2015 at 6:30 PM Eastern

EXPERT SPEAKERS

James Simsarian, MD
Neurology Center of Fairfax

FYI

A meal will be provided.

Free parking or valet available.

PLEASE RSVP AT

mslivingevents.com or call 1-866-703-6293.

Register today. Space is limited.

Event ID: TR281892 (1207743)

US.MS.MSX.14.03.017

You owe it to your family to visit Brightview Great Falls.
It is the area's finest Assisted Living community.

"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." – Dr. Jennifer (Ph.D.)

"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." – Sheila W.

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'Dollars for Daniel' Event Raises \$3,000

Katie Grealish, a sophomore at South Lakes High School wanted to do something that raised awareness for Cerebral Palsy for her Middle Year's Program (MYP).

"My cousin Daniel is afflicted with the condition. Many people think it is a disease, however it is actually a condition typically caused by damage to the brain before or at birth. It is a lifelong condition, and is one of the most common congenital disorders of childhood.

My cousin Daniel, 13, has never been able to speak or use his legs. However he is most happy when he gets into the pool or water where he finally feels free. Since I am a year-round swimmer with the Potomac Marlins Swim Club, I decided to organize a swim-a-thon called 'Dollars for Daniel' to raise money for the United Cerebral Palsy (UCP) Foundation in honor of my cousin and his life-long struggle with this condition.

Over 30 swimmers from both the Potomac Marlins and South Lakes participated last Saturday at the Central Park Drive Aquatic Center in Manassas (which was generous enough to donate the pool for this event).

The outcome was amazing! Even though everyone was busy with sporting events, school work, etc., people came out to show their support and learn about this condition. We collectively raised over \$3,000 which was \$2,000 over my initial goal.

The UCP Foundation even sent a representative from Washington, D.C. to participate in the event and hand out information to educate people about Cerebral Palsy," - said Grealish in a letter to The Connection.



More than 30 swimmers participated in a "Dollars for Daniel" event last Saturday.



Katie Grealish, a sophomore at South Lakes High School with Michael Ludgardo of the United Cerebral Palsy Foundation.



Rendering of the Harrison at Reston Town Center.

Harrison Opens at Reston Town Center

A new, upscale rental community is now open in Reston, the Harrison at Reston Town Center.

Almost 20 percent of its 360 apartments have been pre-leased. One bedroom apartments start at \$1,855, while two bedroom apartments range from \$2,400 to over \$5,000, and a three-bedroom, three-bath penthouse apartment is listed at \$6,600 with more than 1,500 square feet of living space.

Located at 1800 Jonathan Way facing Reston Parkway, The Harrison is the latest project of Renaissance Centro, developer of the two other multifamily communities across Reston Parkway from Reston Town Center, Stratford House and Carlton House.

The Harrison offers more than 28,000 square feet of amenity space including a four-lane indoor lap pool and a 24-hour fitness stu-

dio where state-of-the-art equipment includes interactive programs, a yoga and pilates room and a spin studio.

A residents' lounge includes gas fireplaces and an outdoor deck; media room has three wide-screen televisions and several video game systems; a business center includes offices, workstations, conference rooms and reception areas.

A commercial demonstration kitchen and private dining room can be reserved events and celebrations.

The rooftop offers an outdoor pool and sundeck, grilling station, golf simulator, and fire pit. The roof decks have 360-degree views as far as the Blue Ridge Mountains. The Harrison also provides a dog park and pet spa.

For leasing information, visit www.liveharrisonapts.com or call 855-844-6091.

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GRACE Celebrates Youth Art Month

Greater Reston Arts Center is celebrating Youth Art Month, by presenting two exhibitions dedicated to the artistic achievements of the area's youth. The GRACE Art exhibition features selected works from students from eight schools participating in the Center's signature art education program, GRACE Art.

Emerging Visions features work from students at three local high schools, created in response to their engagement with the Center's winter exhibition, "LineWorks: Drawing Redefined."

GRACE Art: Celebrating Creativity will run through March 14, and Emerging Vision: Complexities will run from March 20 to April 4, 2015 at the gallery, located in Reston Town Center.

*GRACE Art: Celebrating Creativity exhibition highlights art work from the GRACE Art program. Nearly 40 area schools participate in this program, in which trained classroom volunteers with materials supplied from GRACE deliver an interactive art history lesson with visuals followed by an engaging hands-on art project designed to reinforce the lesson.

Selected student projects from nine participating schools will be presented at GRACE, promoting the impact of this visual art literacy program. This year gallery visi-



Katie Douglas, "Removing the Mask," photograph from Emerging Visions, 2014

tors of all ages will have the opportunity to participate in hands-on art activities related to each school's display.

Participating schools: Academy of Christian Education, Aldrin Elementary School, Armstrong Elementary School, Arris Montessori School, The Boyd School, Forestville Elementary School, Little Run Elementary School, Oakton Elementary School, Ravensworth Elementary School.

Greater Reston Arts Center is located at 12001 Market Street, Suite 103 in Reston.



Mahmud Abdallah, Paul Klee portfolio project, 2014

*Emerging Visions: Reconstruction offers Fairfax County high school students the annual opportunity to work directly with GRACE's curatorial staff to create competent artworks that will be exhibited in the gallery. Participating students have committed themselves to the success of this project and have worked hard to achieve their artistic goals beyond the boundaries of the art classroom. Students have engaged the theme of Reconstruction by creating artwork exploring memory, identity, relation-

ships, and life cycles. The students have created engaging work in a variety of media including sculpture, photography, painting, drawing, mixed media and more.

Participating schools: Herndon High School, Oakton High School, South Lakes High School.

Opening Reception: Friday, March 20, 6-8 p.m. Gallery Hours: Tuesday – Saturday 11 a.m. – 5 p.m.

For more information visit www.restonarts.org.

Mary Boss Howard, 81, of Reston, Dies

Mary Howard was born April 18, 1933 in Grand Rapids, Mich. She became the 219th resident of Reston in 1965, living here until her death on Feb. 26, 2015.

Mary is survived by her loving husband of 44 years, Bob Howard, son Mark and daughter-in-law Lisa Lim, a daughter, stepson Jerry Howard, brother Bruce Boss, sister Pam Hietanen, and stepbrothers Paul and Dale Hietanen.

Mary served with the Department of State in Seoul, South Korea, for five years, followed by five years in Asunción, Paraguay. During these years she traveled widely, to Japan, Hong Kong, and Europe.

She returned to the US in 1965 and

moved to Reston, became a real estate broker in 1970 and President of Wellborn Real Estate, co-owned with husband Bob, at the time one of the few women to head a real estate brokerage. She received numerous professional designations and awards, and in 1982 was named President of the 15,000-member Northern Virginia Board (later Association) of Realtors, then the fourth woman to hold this position.

After retirement, Mary pursued her lifelong interest in art and graduated with a Bachelor of Fine Arts degree from the Corcoran College of Art in 1996. She was selected to exhibit her sculpture at the Corcoran in the 1997 Alumni Show and at the Grounds for Sculpture, and also had solo

shows at the Arlington Arts Center and the Greater Reston Arts Center. She was a founding member of the Greater Reston Arts Center (GRACE), where she headed various committees and was a long-time Board member.

A founding member of the Unitarian Universalist Church in Reston, Mary chaired several committees and served on the Board, including a term as vice president.

After raising their blended family, Mary and Bob became avid bikers, logging 2000 miles in many years. They took many bike trips in the U.S. as well as bike and barge excursions in Holland, France, and Belgium. They also traveled to China, India, and Russia. In May 2014 they took one last trip to

the Badlands, Black Hills, Mt. Rushmore and Yellowstone, all new to Mary.

In mid-2013 Mary contracted an autoimmune disease, Wegener's, resulting in kidney failure. Refusing to be defined by this, she dialyzed at home every night and led a reasonably normal life until late 2014.

There will be a celebration of Mary's life March 28 at 3 p.m. at the Unitarian Universalist Church in Reston. Memorial gifts may be made to the church or the Greater Reston Arts Center.

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OPINION

Balancing Act: Budgeting for Housing

BY DAVID LEVINE
EXECUTIVE DIRECTOR
GOOD SHEPHERD HOUSING AND FAMILY
SERVICES, INC.

In our work housing families and individuals experiencing homelessness, many of them have never lived in housing of their own. They have lived doubled up with relatives and friends, camped out in broken-down minivans, or checked into motels for overnight stays. But signing a lease with a commitment to a year's worth of monthly rent payments — that's a new or long-ago experience for them. And it's a scary one, too.

That's when we come into their lives to help them out. Our housing locators and case managers work with them to understand the basics of renting a housing property. Without question, the rental lease gives them rights. It bestows on them the new lawful designation of "tenant." But a rental lease also comes with new responsibilities.

The responsibilities are not easy. Paying rent on the first of the month is their highest priority as a tenant. Keeping in line with rental community rules and regulations is equally important. Making sure that they keep their housing

in a good condition is another one. Excessive damage and wear-and-tear of their rental housing will make their security deposits — the one they had struggled for weeks to pull together — vanish into thin air.

We know the hardest part is making that rent payment on the first of each month. It is a real balancing act. As the sociologist Sudhir Venkatesh once noted about low-income families living in South Chicago who struggled to make rent payments: "This does not mean people fail to plan but ... there are

separate temporal horizons, one in the immediate future and the other a longer way off." In other words, these families focus on the expenses to be paid today, not tomorrow or next month.

In its just released poverty study of women and girls in the Washington D.C. metropolitan region, the Washington Area Women's Foundation included information on the average monthly expenses faced by poor families living in our region. Drawing on 2013 U.S. Census Bureau data and other datasets, the author of the study provided measures of economic security for what a family of three without public assistance would need to pay its expenses.

For example, even at \$1,325/month as the average rent in Fairfax County, this monthly rent is actually not the most costly of the family's household expenses. In fact, at an average of \$1,821/month, the highest monthly expense is for childcare. All told, when all the expenses are added up, a typical family of three would need \$82,572 in annual income in Fairfax County to afford to live comfortably there and cover all its expenses.

The federal poverty line annual income for a family of three is \$19,530. As many families experiencing homelessness are earning just above the poverty line, the amount of income needed to live without worries in Fairfax County is a long way off for them.

Still, even for low-income families and individuals experiencing homelessness, our case managers and housing locators can make a world of difference. They work to find them very affordable housing within a shrinking pool of this kind of housing. Once housed, they support them in getting a budget in place — and then we can only hope that nothing upends their budgets.

No medical emergencies. No transmission repairs on their cars used for work. No one-time spikes in their heating costs. It is a balancing act.

COMMENTARY

Cheaper and Cleaner

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

Under a bill passed by the General Assembly in the 2015 session and signed by the Governor, the cost of electricity in Virginia will go down next month, and the base rate of electricity will be frozen for the next five years. Critics of the "Dominion bill" seem to have not read the provisions of the legislation as it passed or do not understand it. With State Corporation Commission approval, electric bills for consumers will go down 5.5 percent on April 1. For a typical residential customer who uses 1,000 kilowatt hours per month, the electric bill would be \$109.55 per month or \$6.40 less than before. Virginians already have some of the lowest electric rates in the region with rates that are 18.8 percent below the national average. The freezing of base rates to 2019 will create regulatory and rate stability for the utility as it faces stricter federal Environmental Protection Agency (EPA) regulations on carbon emissions that are likely to force the company to close



COMMENTARY

some or all of the coal-fired power plants it continues to operate and will provide lower bills for consumers.

I like the fact that the utility is moving forward to meet EPA standards rather than resisting or fighting the regulations in court. The stability provided by the bill will allow the investor-owned utility to move forward on what are necessary and expensive steps to clean up the air. Beyond the rate issue, new legislation declares up to 500 megawatts of solar energy to be in the public interest. With the current cost of solar energy generation the utility would not have been able to get regulatory approval for the expansion because it costs more than conventional sources of electricity generation. This will be a 15-fold increase in the authorized amount of solar energy in the Commonwealth and will be enough solar to power 125,000 homes. Additionally, the Assembly approved creation of the Virginia Solar Development Authority to promote expansion

SEE PLUM, PAGE 12

RA Elections and Snow Gold

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



INDEPENDENT
PROGRESSIVE

By the time you see this, you will have received your ballot by email or snail mail for the Reston Association Board Elections. It is really easy. All you have to do is check a maximum of three blocks once you decide who to vote for. The Association affects us all in many ways, and its leadership makes a difference. I hope you'll take a few moments to make your choices among those running. But, first, I want to nominate the RA Parks and Rec staff for another Snow Gold Medal. February-early March was the coldest, and snowiest, I have seen in about 50 years. Yet, the RA staff once again seemed to have our pathways (55 miles in total) cleared almost before the snow stopped falling — every time! We love to walk and, thanks to these folks, we've been able to enjoy the winter wonderland every day. Hats off to all the men and women who made it possible! In other areas, the Association shines less brightly. In the last two years, questions surfaced about transparency, internal communications, and ethics. For ex-

ample, leaders and members of the Environmental Advisory Committee resigned to protest the Board secretive and questionable handling of the Lake Anne "land swap." Communications are so tightly controlled that Board members cannot talk to RA staff without going through the CEO. And, Board members were filing incomplete financial disclosure forms — but, no one even bothered to review them until a homeowner made a FOIA request and blew the whistle. It took months to get data partially filled in. Change is resisted by this Board. New blood may help.

Every Reston homeowner or renter can vote for two At-Large Directors (3-year terms). South Lakes members will select one Director and North Pointers will select a one-year Director to complete a departed Director's term. There is no At-Large competition — two candidates for two seats. The two candidates are Michael Sanio, a sustainability consultant running

SEE LOVAAS, PAGE 12

Reston
CONNECTION

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SPORTS

Sophomore Connolly Propels Oakton to Region Championship

Cougars limit Virginia Tech signee Koshuta to 10 points.

BY JON ROETMAN
THE CONNECTION

Oakton forward Delaney Connolly throughout the season has shown a willingness to step behind the arc and shoot.

Initially, head coach Fred Priester desired a more conservative approach from the 6-foot sophomore. As the season progressed, Connolly received Priester's blessing to fire away from 3-point range.

On Saturday night, Connolly didn't hesitate to launch from long distance, and the results helped the decorated Oakton girls' basketball program bring home another trophy.

Connolly knocked down four 3-pointers, scored a game-high 20 points and helped Oakton beat Madison 50-42 in the 6A North region championship game at Robinson Secondary School. It was the Cougars' first region title since 2012, when Oakton went undefeated and won the AAA state championship.

Connolly helped in the paint Saturday night, grabbing nine rebounds while contributing to a group defensive effort against 6-foot-2 Madison post Kelly Koshuta. But it was her perimeter performance that had the greatest impact.

"All year long, we've been working with her, working with her, working with her," Priester said. "First game of the season, she jacked up a couple, I said let's just chill a little bit."

It's safe to say Priester's tone has changed.

"She has," the head coach said, "my absolute green light to shoot that ball."

CONNOLLY made her first 3-pointer of the night with 3:44 left in the opening quarter. She made a pair of treys in the third quarter, the second of which gave Oakton a 30-25 lead.

Connolly's most important 3-pointer came with 4:23 left in the fourth quarter. Oakton led by two when No. 44 knocked one down from the top of the arc, giving the Cougars a 43-38 advantage. Oakton led by at least five points for the remainder of the contest.

"Priester told me to shoot, but it was also my teammates really helping me to get open," Connolly said. "We all instill confidence in each other."

While Connolly came up clutch, Oakton's defensive effort was equally important.

The Cougars limited Virginia Tech signee Koshuta to 10 points four days after she scored 33 in a semi-final victory over Chantilly. Oakton used a zone defense and double-teamed Koshuta to limit her touches and make life difficult for her when she did get the ball.

Instead of working the ball inside to Koshuta, the Warhawks often settled for perimeter shots. Madison did knock down seven 3-pointers and kept the game close, but also experienced dry spells.

"Everyone double-teams me," said Koshuta, the 6A North region Player of the Year. "When you do that, you find the open player. ... For a while, we were hitting the shots, and then some of them just weren't falling toward the end."

The Oakton defense wasn't the only thing hinder-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Oakton sophomore Delaney Connolly scored 20 points and grabbed nine rebounds during the Cougars' 50-42 victory over Madison in the 6A North region final on March 7 at Robinson Secondary School.

ing Koshuta, who got into early foul trouble. She went to the bench with about 3 minutes remaining in the first quarter after picking up her second foul. After briefly entering the game in the closing seconds of the opening period, Koshuta returned to the bench and stayed there for the entire second quarter.

After scoring just one point in the first half, Koshuta scored eight in the third quarter and Madison trailed 37-36 entering the final period.

"We were just trying to get as many people around her [with our] zone," Oakton senior guard Karlle Cronin said, "and just keep her away from the basket and from getting the ball because when she has it, she's hard to stop."

THE COUGARS held Koshuta without a field goal in the fourth quarter and pulled out the win.

"She's such an incredible player," Priester said. "Slowing her down just means keeping her under 30 [points]. ... I know she got in a little foul trouble early. I know she didn't seem to be her usual self moving around."

Oakton guard Lindsey Abed finished with 11 points and Alex Marquis finished with 10. Sophomore center Maddie Royle had six points and five blocks.

Alexis Hermes led Madison with 13 points. Aidan McWeeney knocked down a trio of 3-pointers for nine points, and Morgan Simpson added seven.

Each team clinched a berth in the state tournament by reaching the region final. The semifinals are Friday in Richmond.

"In its own way, because of the way the format is, [the region championship game is] sort of a game that's hard to get ready for — you know you're going to advance anyway," Priester said. "... The thing about something like this is no one can take this away from you. That banner goes up in your gym. ... [Coaches and players will] never forget that."



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon sophomore Alexa Bradley competed in three events, including bars, at the VHSL individual state gymnastics meet on March 8 at Patriot High School.

Herndon Gymnast Bradley Competes at State Meet

Herndon sophomore Alexa Bradley competed in three events, including a top-15 finish on bars, at the VHSL individual state gymnastics meet on March 8 at Patriot High School.

Bradley placed 15th on bars with a score of 8.975. She also competed on vault (tied for 25th, 9.1) and floor (38th, 8.45).

"I think I performed the best that I could have," Bradley wrote in an email. "My floor routine wasn't the best. It was a really long, tiring day but a little disappointing because I know I could have done better."

Fairfax senior Rachel Barborek won the all-around state championship with a score of 38.7, and finished first on floor, bars and beam. Marshall's Morgan Stahl placed third in the all-around (37.625) and Washington-Lee's Sophie Hatcher finished fifth (37.325).

"States was a really cool and unique experience that not a lot of people can experience," Bradley wrote. "I am very proud of

how far I got and hope I can make it to states my junior and senior year."

The individual competition was originally scheduled for Feb. 21, but was postponed three times due to inclement weather concerns. The meet was re-scheduled for Feb. 28, March 7 and finally March 8.

"After regionals, I think I practiced about once or twice leading up to states because all of the snow days and the postponements," Bradley wrote. "I previously had to scratch from the meet the first time it got postponed, so I stopped practicing completely. But when it got postponed again, I got one practice session in."

Bradley won the Conference 5 all-around championship on Feb. 5.

"This season, I learned to be more confident and to have fun," Bradley wrote. "I really enjoyed my second year as a high school gymnast and can't wait for next year!"

— JON ROETMAN

Plum

FROM PAGE 10

of solar energy in the Commonwealth.

Other notable actions by the General Assembly this session related to electricity include a provision for the first time that utilities fund an energy efficiency program for low-income, elderly and disabled customers. Eligible custom-

ers will be able to get one-time financial assistance for energy efficiency improvements plus long-term benefits of lower energy bills. A bill passed this session directs the Department of Mines, Minerals, and Energy to establish underwriting and other guidelines for local government-financed loans for energy efficiency improvements. Energy efficiency is the cheapest way to meet future demand.

Dominion Foundation is a major contributor to nonprofit organizations in our community and throughout the state. Its political action arm is a significant supporter of political candidates of both parties. While I fully acknowledge both these facts, I vote for legislation related to electricity generation only when it will ensure reliable, low-cost, and cleaner electricity for my constituents.

Lovaas

FROM PAGE 10

for re-election, and Ray Wedell, a Reston realtor new to elective combat. To his credit, Mr. Sanio initially voted against the land giveaway, but then voted to block a new procedure to prevent a recurrence and voted no for an independent ethics panel. Mr. Wedell says he wants to “spruce up clusters,” in part by creating a “Reston Infrastructure Bank” to offer interest-free loans to clusters. In the North Point race, there are two candidates for a one-year vacancy. Dannielle La Rosa, recruited by RA CEO Cate Fulkerson, is an accountant and former PTA President. She has served eight months

as an appointee. Hopefully, she will be an independent voice on the Board. Her opponent is Charles Dorfeuille, a new, young candidate with some refreshing ideas to fill programming gaps for youth and others. Slight edge to Mr. Dorfeuille. South Lakes is where the action is. Incumbent Richard Chew will have to overcome neighbors’ upset over a Bocce ball court he pushed. He also voted for the land swap. Andy Sigle, a former At-Large Board member, is intelligent but hard to pin down on issues and voted for land swap. My personal pick here is first-time candidate Julie Bitzer, a landscape designer and longtime Reston outdoor activist. She is a thoughtful

environmentalist ready for change. She opposed the land swap, and supports transparency, a strong code of conduct, and budget rigor.

Richmond: Dominion Power once again dictated VA General Assembly outcomes, including pushing through a law restricting regulation of its hundreds of millions in excess revenues. All legislators take large cash each year from Dominion, including our own delegate and senator. But, Senator Howell did vote NO on a bill to continue outrageous coal subsidies favored by Dominion.

EDITOR’S NOTE: The column that ran last week was actually an old column inadvertently rerun.

An Open Letter to Governor McAuliffe

Dear Governor McAuliffe,

When you visited our Pre-Session Round Table Luncheon in December 2013, we in the League of Women Voters were thrilled to hear you say, “I think we should do everything we can to make voting as easy as possible in Virginia.”

You have kept your word, and have been a wonderful friend to voters in Virginia. We were proud to sit near the front when you announced budget money for new voting equipment, at your press conference in Virginia Beach – and to lobby for that budget line.

Now a bill has been passed by both houses, requiring citizens who apply for absentee ballots to include a photocopy of their valid photo ID. There is no real purpose to this bill, beyond making it harder to vote – because registrars have no photo with which to compare the mailed copy.

This measure would have especially harsh effects on the old, the poor, the disabled, and the homebound – depriving them of an easy way to vote if traveling pre-

sents a challenge.

A number of organizations – including many in the electoral board and registrar associations – oppose this bill. The League stood with them to lobby against this suppressive measure. And now we ask you, with great respect: Please veto House Bill 1318!

We are counting on your strong promise to defend voters in Virginia. Thank you again for all you do for citizens.

Anne Sterling

President, League of Women Voters of Virginia

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:

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THE CONNECTION
NEWSPAPERS

CALENDAR

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

THROUGH MONDAY/MARCH 16

Ice Skating at Reston Town Center.

11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

THURSDAY/MARCH 12

South Pacific Cauldron: World War II's Great Forgotten Battlefields. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local author Alan Rems presents a virtual tour of the lesser known battles of the Pacific theater.

Maximizing for Social Security. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn strategies to maximize your Social Security benefits. For adults 60-65. Registration is required for this event.

Organic Gardening. 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Organic gardening uses landscape design and the environment to improve and maximize the health and the development of plants and soil without the use of commercial pesticides and fertilizers. Learn about this mainstay method of sustainable gardening, and bring your questions. Co-sponsored by Reston Community Center. Reservations required by March 9. Fee: \$5/person RA members, \$7/person Non-members.

For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Reading Buddies. 4, 4:15, 4:30 and 4:45 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Reading Buddies encourage children to read in a fun, low-stress environment. Bring your own book or choose a book from the library. Age 6-9. <http://www.fairfaxcounty.gov/library/branches/rr/>.

SUNDAY/MARCH 15

Reston Community Orchestra

Concert. 4 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Join the RCO for an afternoon of Bach and Haydn and works by contemporary composers who followed in — and strayed from — their footsteps. Free.

WEDNESDAY/MARCH 18

Brilliant Birds. 10 a.m. & 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Many birds migrate far away during the winter. They return with their most colorful plumage in spring. Make a colorful bird craft, see feathers and birds up close, and go on a short hike to see if we can find these beautiful birds in the trees or at the feeders. Ages 3 to 5. Reservations required by March 13. Fee: \$7/child RA members " \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Poetry Readers Roundtable. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. An informal discussion of the life, times, and work of Langston Hughes.

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Twinkle, Twinkle Little Star - Explore the world above



Mountain Faith is a relatively new group of young musicians who are carrying on the legacy of traditional bluegrass and gospel music. See them live on March 21 at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon.

Northern Virginia Restaurant Week March 23-30

The 2nd Annual Northern Virginia Restaurant Week, being held from March 23-30, is a week-long, value priced dining experience taking place at a variety of establishments, ranging from fine dining to fast casual.

Building on the success of last year, which included more than 20 participating restaurants, the event once again brings together some of the area's favorite and new restaurants, including: American Tap Room, Big Bowl, Captain Mas Crab House, Il Fornaio, Tavern 64, McCormick & Schmick's - Reston Town Center, Mon Ami Gabi, Morton's - Reston Town Center, The Melting Pot - Reston, Mellow Mushroom - Herndon, M&S Grill, Paladar Latin Kitchen & Rum Bar, The Zone, JALEO by Jose Andre's, Mum Mum, Naked Pizza, Europa Herndon, Seasons 52, Trummer's on Main.

For more information about Northern Virginia Restaurant Week or the partnership with VHTA please contact Latraniecesa (LJ) Wilson at 703-707-9045, ljw@restonchamber.org or visit restonchamber.org/northern_virginia_restaurant_week.aspx.

our heads as we read stories, sing songs, and play games about up in the sky. Ages 12-23 months with an adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

THURSDAY/MARCH 19-SATURDAY/MARCH 21

Reston Friends Children's Book

Sale. 10 a.m. - 8 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. We have all your favorite children's book authors, plus teaching materials. Come browse and buy. All ages. <http://www.fairfaxcounty.gov/library/branches/rr/>.

FRIDAY/MARCH 20

Fireside Fun. 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. With a hint of a chill still in the air, the fireside is a perfect place to gather, share stories and think of warmer days soon to come. Make campfire popcorn and taste a marshmallow treat. If the weather is nice, we'll meet at the fire ring. If it is too cold, snowy or rainy, we will meet by the fireplace inside Nature House at 11450 Glade Drive. All ages. Reservations required by March 17. Fee: \$7/person RA members, \$9/person Non-members.

For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

TUESDAY/MARCH 24

Baby Lapsit. 10:30 a.m. Reston Regional Library, 11925 Bowman

Towne Drive, Reston. Enjoy nursery rhymes, songs and stories. Build an early literacy foundation for your child while enjoying time together. Birth-11 months with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

Director's Choice Book Club.

7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Sam Clay, Director of Fairfax County Public Library, leads a monthly book discussion. The title this month is The Orchardist by Amanda Coplin. <http://www.fairfaxcounty.gov/library/branches/rr/>.

WEDNESDAY/MARCH 25

It's Pancake Story Time.

7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Flapjacks on the griddle; maple tree sap on the run; Busia's coming out of hibernation. Please join us for family storytime fun! All ages. To register visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

THURSDAY/MARCH 26

World Class Irish Pianist. Reston Community Center, 2310 Colt Necks Road, Reston. 2:15-3:40 p.m. Hear world class Irish pianist John O'Connor perform. He is famous for his breathtaking performances with some of the most impressive orchestras around the world, including the London Symphony, the Royal Philharmonic, the Vienna Symphony, and l'Orchestra National de France. The concert is free to the public. Sign up at: <http://www.restoncommunitycenter.com/>

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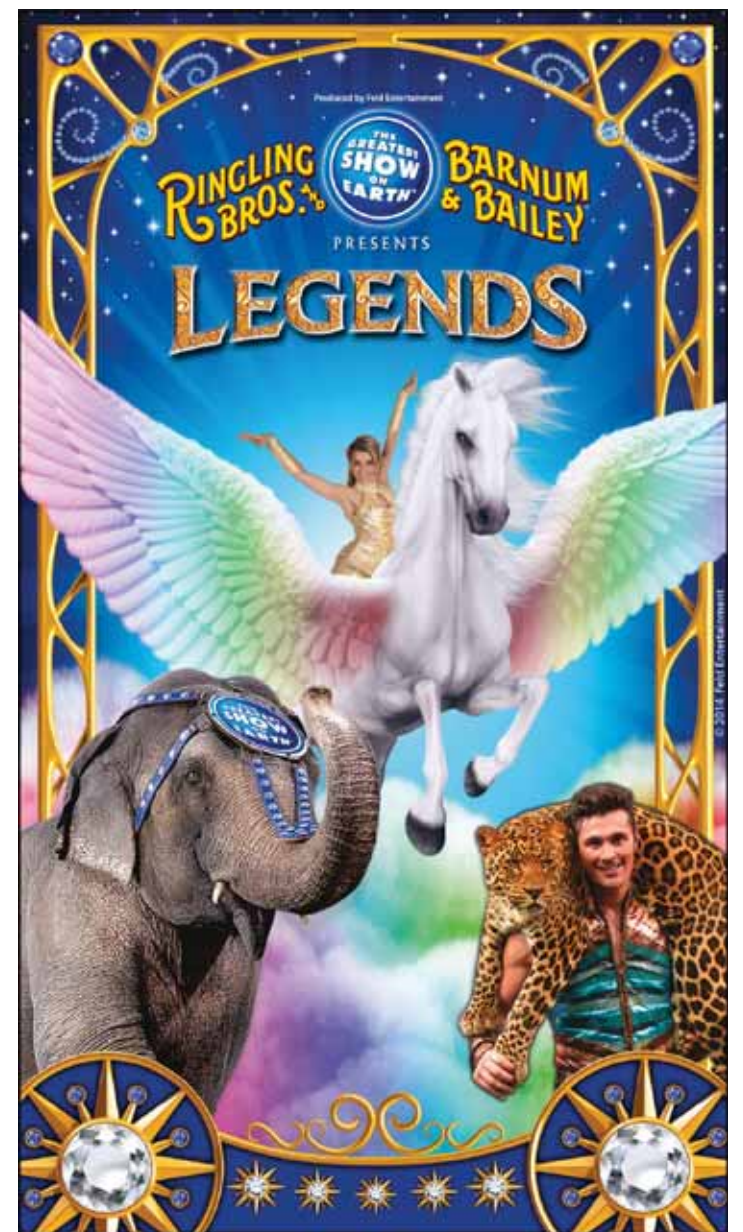
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How Lucky Am I

By KENNETH B. LOURIE



You'll note there's no question mark after the "I." If any grammatical mark, there could be an exclamation point, but that's overstating my reaction a bit. I am not referring to the usual happy-lucky-grateful to be alive sentiment I regularly express in this space; no, this is micro more than macro. What I am specifically referring to is the winter weather and its predictable effects on appointments: cancellations in general, chemotherapy cancellations to be Kenny-column specific.

Yesterday, March 5, the Washington, D.C. Metropolitan Area received approximately six inches of snow, give or take, complicated further by the previous days' ever-unpopular "wintry mix." Ergo, governments and schools were closed and many lives were put on hold, for a day at least, as many activities/appointments were likely to be re-scheduled. All well and good, mostly, except when you're a "terminal" cancer patient and your chemotherapy infusion (your presumptive life-saving/sustaining treatment) is to be administered that day – then it's not so good. Then your life passes before you even faster than when your oncologist first advised you of your extremely unexpected, abbreviated life expectancy/prognosis (for me, it was "13 months to two years").

Fortunately, Thursdays are not my chemotherapy day; Fridays are. But what brought this column's subject into focus was a call I received Thursday evening from the Infusion Center providing me/patients with a special inclement-weather phone number to call to find out if the Center would be open the next day, what hours, etc. This was the first time – in six years of non-stop treatment – when I was given such a specific number/circumstance to call. Previously, I would have simply called the Center or "cell-phoned" my oncology nurse (I have his number on speed dial), to learn of any closures or delays. But, and this is the luck I referred to in the title, never had I experienced any weather-related/affected reason to stress/call. Never experienced the anxiety of wondering, worrying and waiting to learn if my hoped-for, life-saving treatment could go in as scheduled.

Now, whether skipping/delaying treatment really matters in the medical world's reality, I can tell you this: in my world, the patient's world, it seems like it matters an awful lot. Rescheduling feels like you're losing days of your life. What little I know (and it's very little; it's mostly what I feel and think) is that any change in frequency, duration, reduction in medicine and/or protocol, all of which so far has kept me alive way past my original expiration date, can't be a good thing, certainly not a preferred thing; again, in my head, anyway.

And it's these feelings that can complicate the cancer experience: knowing what to make of things externally, and of course, internally. Controlling one's emotions so as not to exacerbate an already difficult situation is my macro cross to bear. However, sometimes small things can weaken that resolve. After six years, I should know better, and usually I do. But receiving that phone call last evening was a reminder of how fortunate and yet sort of clueless I've been about what has happened to other patients and what hasn't happened to me.

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

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News

Making It to Top 10

The Wise Investor Group at Robert W. Baird & Co., a team of experienced financial professionals offering financial planning, portfolio management, investment analysis and account services, announced that Director and Financial Advisor Nancy Osmond Popovich has been named in "On Wall Street" magazine's Top Regional Advisors Under 40 List for 2015.



Nancy Osmond Popovich

COURTESY PHOTO

The ranking by "On Wall Street" lists its top ten regional advisors under the age of 40. The list features some insight into each advisor's success story, best practices and future plans for these industry leaders.

Popovich, a portfolio manager and certified divorce financial analyst, joined The Wise Investor Group in 2004 with the goal of helping clients gain a greater understanding of and control over their own financial lives. She specializes in asset allocation, investment strategies, financial planning and wealth transfer, and has dedicated her practice to helping both her clients and the broader community.

In addition to her current role, Popovich plays an active role in Baird's mentoring program and has been on the committee of the Baird Network of Women Financial Advisors since 2008. She is also a seminar lecturer, mentor to younger women in the financial sector and regular host of The Wise Investor Show, aired live in the Washington, D.C. area every Sunday and the weekly Wise Investor Show podcast.

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

FRIDAY/MARCH 13

ESL for Beginners. 10 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Elayne's Friday conversational group. Adults. <http://www.fairfaxcounty.gov/library/branches/rr/>.

Let's Talk- ESL for Intermediate Students. 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Richard's Friday conversational group. Adults. <http://www.fairfaxcounty.gov/library/branches/rr/>.

SATURDAY/MARCH 14

One-to-One Technology Help. 11 a.m. - 4 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Need help with eBooks, smartphones or tablets? Gather up your devices and login info and come to a Saturday session with a technology volunteer. Adults. Call branch for times, 703-689-2700.

ESL: U.S. Citizenship Exam for Intermediate Students. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Beth in this 12-week course that teaches speaking and writing skills on the basis of selected topics of U.S. history and government. Adults. <http://www.fairfaxcounty.gov/library/branches/rr/>.

MONDAY/MARCH 16

ESL: Intermediate and Advanced Students. Various times. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational groups, grammar, vocabulary and pronunciation. Adults. For information and class details visit <http://www.fairfaxcounty.gov/library/branches/rr/>.

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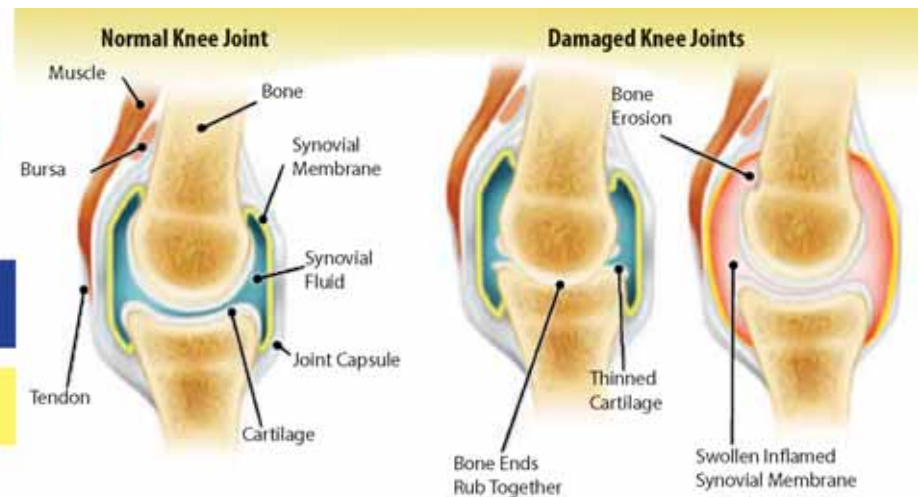
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For the First 25 Callers Only, I'm running a very special offer where you can find out if you are a candidate for Cold Laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call and here's what you'll get...

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- A full set of specialized x-rays.
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- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

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Luxury Apartments Popping Up

Renters want resort-like amenities and access to transportation.

BY MARILYN CAMPBELL
THE CONNECTION

After a long, hard day at work, Jordan Coleman comes home to a large apartment with modern amenities, including a 24-hour concierge, ample living space, a state-of-the-art fitness center and a pool. The apartment features high-end appliances and finishes as well as an open, flowing layout and large walk-in closets. Coleman — a lawyer and Capitol Hill staffer — shares the pricey rent with a friend. The complex is owned by Avalon, which has properties in Arlington, Fairfax, Herndon, Falls Church, Tysons Corner and Vienna, Virginia, as well as Bethesda, Maryland, and Washington.

The demand for high-end apartments in the Washington, D.C., area is high, with rents soaring over the \$7,000 mark. There are some who say the luxurious living spaces and carefree lifestyles are worth the extra money.

"There are two kinds of people who would be inclined to spend that kind of money in

the luxury rental market," said David Freishtat, who teaches in the Masters in Real Estate Development program at the University of Maryland and practices law in Potomac, Md. "First there are fairly successful, young people who buddy up and share an apartment with two or three friends. They can afford to spend 35-40 percent of take home pay in housing. They don't spend much on food because they don't have a family to feed," he said.

"Empty-nesters who've sold their homes and decided to downsize are also inclined to rent high-end apartments. If they bought their house 20-30 years ago and sold it recently, they're flush with cash," said Freishtat. "They might be looking to buy a house in Florida or Arizona where there's no income tax, but for the year and a half until they make that decision they're going to live in a nice apartment because they've always lived in a nice house so they're adaptable to those kinds of apartments."

"The trade off in these buildings is that they are in great neighborhoods," said Coleman. "They're new construction and



PHOTO COURTESY OF RENAISSANCE CENTRO

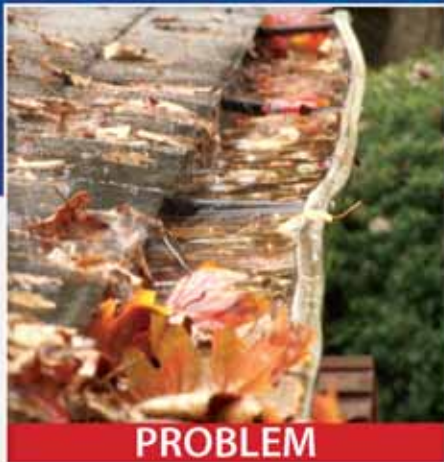
Luxury apartments buildings like The Harrison at Reston Town Center in Reston, offer 28,000 square feet of luxury, resort-style living and an easy commute to downtown Washington, D.C.

the layout is like you're living in the suburbs, but with the convenience of living in the city. There are kitchens, bathrooms, living spaces are fluid and the closets are ridiculously large."

ONE OF THOSE NEIGHBORHOODS is Reston Town Center in Reston, Va., with restaurants and shops and public transpor-

SEE NORTHERN VIRGINIA, PAGE 3

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HomeLifeStyle

All Over Northern Virginia

FROM PAGE 2

tation. A new, luxury apartment building will have 360 apartments with easy access to such a lifestyle.

The Harrison at Reston Town Center is now open, promising 28,000 square feet of luxury, resort-style living, and an easy trip to downtown Washington, D.C. for work or play.

At The Harrison, where rent runs from just under \$2,000 to as high as \$6,650 a month, residents are offered such amenities as a culinary demonstration kitchen; a private dining room for wine tastings; a gaming area that offers pool, shuffleboard, chess, and card tables, a massage room, a spin studio and a 24-hour gym with state-of-the-art equipment. The pet-friendly property even caters to four-legged friends with a dog park and pet spa.

"People now want to simplify their lives," said Karen A. Kossow, Vice President of Marketing, Community Realty Company, Inc. which provides leasing and management services for The Harrison. "They want an opportunity for a healthy and enriched lifestyle. For example, with the fitness center and lounge area, there are opportunities for socialization. You can keep your pet here, and there's even a place to walk your dog or give it a shower. If you work from home there are offices with a printer and fax and conference rooms where you can hold a meeting. These things just make your life easier and simpler and give you more time to enjoy life."

Also at Reston Town Center is The Metropolitan, owned by Kettler, a real estate development firm based in McLean, Va., and which manages apartments throughout Northern Virginia. Residents at some of the firm's properties pay more than \$7,000 a month for features such as 17-foot ceilings, floor-to-ceiling windows, wood flooring and ceramic tile bathrooms.

Kettler is also putting the finishing touches on The Acadia, a 411-unit, high-rise luxury apartment building in the Metropolitan Park section of Arlington, Va., and plans to begin leasing units this spring. In October, the firm will begin construction on m.flats Crystal City. It will be Kettler's sixth property in the Pentagon-Crystal City neighborhood in Arlington.

"Our m.flats apartments are meeting a growing demand for living spaces within walking distance of work, shops and entertainment," Robert C. Kettler, chairman and chief executive officer of Kettler, said in a

Grand Opening: The Harrison at Reston Town Center

The Harrison at Reston Town Center invites the public to its grand opening weekend, Saturday and Sunday, March 14-15: noon — ribbon cutting; 1-4 p.m. — property tours, cooking demonstrations, wine tasting, fitness class. RSVP for the grand opening events at www.liveharrisonapts.com



PHOTO COURTESY OF RENAISSANCE CENTRO

Easy access to public transportation and close proximity to restaurants and shops attract residents to luxury apartment communities like The Harrison at Reston Town Center in Reston.



PHOTO COURTESY OF KETTLER

Luxury apartment communities like Midtown Alexandria Station offer amenities that help simplify life for busy professionals and empty nesters alike.

statement. "Many young people are forming families later in life. As a result, they not only want to enjoy the vibrancy of city life, but live in an apartment that has many conveniences and amenities."

At Bent Tree in Centreville, Va., managed by Lincoln Property Company, high-end units include cathedral ceilings, walk-in closets, lighted tennis courts, racquetball courts, a resort-style swimming pool, a

cyber café, a fitness center, bike trails, barbeque and picnic areas and a spacious club house where people can hang out.

Proximity to transportation is another bonus, said Jeremy Feldman of Bent Tree. "You have the Fairfax Connector and we're near the Metro."

Luxury apartments that offer residents access to public transportation are doing well. Twenty percent of the units in The Harrison have already been rented, even before its grand opening.

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His and Hers: Special Spaces

Addition pulls together styles and overcomes challenges.

BY JOHN BYRD

Details

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit www.fosterremodeling.com

On the face of it, adding a two-level structure to a 30-year-old brick house is not especially difficult. Essentially, Vienna homeowners Al Dobson and his wife Joan Davanzo each have a pet project — a spacious first level garage to house sport cars, motorcycles and '60s rock for him; a lovely sunroom comprised of floor-to-ceiling window walls for her.

Knock out the existing screen porch; slightly expand the footprint for the garage; sun room goes on top embracing the rear deck and pool; and, Bingo, it's done.

Yet as anyone who has lived in the Fairfax County for a while knows, no project is without complications, and add to this the problems of an unlevel grade, set-back restrictions, strict rules on structures with lots of glass and the owner's desire to preserve all the surrounding trees, and suddenly there are the makings of an intricate engineering challenge — the sort of brain-buster most contractors wouldn't attempt to unravel.

That's how it all started with this deceptively understated Vienna addition: several contractors told Dobson and Davanzo they couldn't have the amount of glass in the sunroom they were looking for; county rules regarding glass and where it can be positioned are rigorously enforced; and then, too, the glass must be "braced" to resist winds that otherwise might cause it to implode — a requirement which inevitably reduces sightlines.

"County rules on glass in new construction have been in place for over a decade," said David Foster, president of Foster Remodeling Solutions, the contractor the couple hired to execute the project. "Because of some tricky complications, a lot of contractors stay out of the sunroom arena — so it's become somewhat specialized."

What several contractors plainly told Joan Davanzo, nevertheless, was that her dream project — as she envisioned it — simply couldn't be built.

"We were told the windows couldn't be as low to the floor, nor as close to the corner as we wanted," Davanzo said. "Since I had particularly liked the openness of the old screen porch the sunroom was to replace, this was discouraging."

By contrast, Davanzo said, Foster began addressing the project's technical hurdles from the first meeting.

"His experience was palpable," said Al Dobson, 70, who has had several previous encounters with remodelers. "The first consideration — which he pointed out im-

mediately — was how to develop a site plan that would satisfy the county, but also give us a sustainable result that allows the aesthetic effects we were seeking."

Part of the assignment would also entail a plan for preserving mature trees on the property's eastern side.

THE GARAGE, which would house Dobson's collectible motorized vehicles, needed a footprint of some 400 square feet, the contractor determined; the sunroom, one level up, would be plenty spacious at slightly over 200 square feet. Hence, Foster's "stacked" pyramidal design not only satisfies family "use" requirements, but also allows the "growing room" needed for an entire grove of mature trees bordering the property's perimeter.

The plan was, of course, partly predicated on lowering the lot's existing grade some five feet, enough to carve out a foundation for the garage and create driveway access.

The foundation also figures prominently in an innovative engineering solution that gives the couple the amount of glass they had been seeking in the sunroom.

To meet the county's wind-bracing requirements, Foster and team designed a narrow-gauge, all-steel framework for the sunroom's many large glass panels which is anchored all the way down to the concrete foundation itself.

Though not visible to the naked eye, the infrastructure allowed designers to extend windows to within a few feet of the floor and mere inches from the corner of the room.

"Our dogs can even look out the windows," Joan Davanzo said. "The design gives us a really a stunning view in all directions."

But, surely, a nearly all-glass room must be quite cold in the winter?

"All the windows are Low-E Argon-filled double pane — state of the art thermal resistance," Foster said.

To reinforce the comforting insularity, however, the contractor applied thermally-resistant spray foam behind the wall sur-



Al Dobson and his new spacious garage to house his sport car, motorcycles and '60s rock memorabilia.



PHOTO CONTRIBUTED

The sun porch solution emphasizes views. Windows are insulated and wind-resistant.

faces — and drilled holes in the steel columns to accommodate an added infusion.

"It's all about creating a tight structure," Foster said. "That's what keeps outside temperatures out."

On the other hand, the sunroom feature Davanzo most appreciates this time of year is how fluidly it opens to spring's balmy breezes. All the windows are casement-style which can be independently adjusted to let in cross breezes. Overhead, two skylights open electronically — and individually. The skylights are also equipped with electric blinds and rain sensors.

The room's interior design scheme, which Davanzo developed in conjunction with Foster, reflects a number of favored owner lifestyle preferences. The golden duotone teakwood floor — comprised of a framed rectangular perimeter traversed with diagonal slats — is a pattern the couple came upon in their travels in Italy. The tongue-and-groove ceiling and warm sea-foam green wall color, likewise, were chosen to

highlight a verdant visual continuum that recalls childhood adventures in the country.

The new sunroom is accessible through an adjacent family room separated by three French doors which Davanzo mostly leaves open.

"This is where I spend most of my time when I'm at home," she said.

For Al Dobson, the favored hang-out now is his "man cave" garage which houses a Corvette, his Italian motorcycle and a sound system that plays choice sounds of the '50s and '60s.

A racing enthusiast who participates in time trials at Summit Point, Dobson wanted a room that speaks to his passion for motor sports. Underfoot, PVC tiles in an iconic checkerboard pattern set the tone for a private retreat decorated with '60s movie posters and other period memorabilia.

"It's a really peaceful spot to just relax," Dobson said. "That's what this process was always for, so I'm glad we pursued it."

Historic Virginia in Home and Gardens

The Virginia Historic Garden Tour is an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to over 250 of Virginia's most beautiful gardens, homes and historic landmarks. This event provides the opportunity to see unforgettable gardens at the peak of Virginia's springtime color, as well as beautiful houses sparkling with more than 2,000 flower arrangements created by Garden Club of Virginia members.

The Clifton Historic District, registered as a Virginia Historic Landmark, was a Civil War railroad stop and is filled with shops, memorable restaurants and restored homes. Clara Barton, founder of the American Red Cross, tended to soldiers after the Battle of Second Manassas at St. Mary's Church and the historic Fairfax Station, now a Railroad Museum.

A self-drive tour on April 21 features stables, vineyards, a world-class garden, Georgian-revival ar-

chitecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool – four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church.

Tour proceeds fund the restoration and preservation of Virginia's historic gardens, and provide graduate level research fellowships for building comprehensive and ongoing records of historic gardens and landscapes in the Commonwealth, and support the mission of the Garden Club of Virginia.

For a complete list of tours, see www.vagardenweek.org

Virginia Historic Garden Tour in Clifton and Fairfax Station

❖ Redlac Drive, Clifton: Located in a pastoral setting with grazing horses nearby, this graceful 1987

SEE HISTORIC GARDENS. PAGE 7



PHOTO COURTESY OF GARDEN CLUB OF FAIRFAX

Nestled in an equestrian neighborhood, a 10,000 square-foot contemporary home was built in 2013 for an active family with young children, and includes a stable.



Alexandria, Saturday, April 18

Old Town Alexandria was in 1946 the third city in the country to create a historic district to preserve its downtown. Today it has 4,000 buildings with a historic designation. The April 18 walking tour in Old Town includes five row houses with courtyard gardens in this preserved area, and refreshments at St. Paul's Episcopal Church. In addition to the private properties featured, the tour ticket allows access to The Carlyle House Historic Park, Lee- Fendall House Museum and Garden, George

Mason's Gunston Hall and George Washington's Mount Vernon Estate and Gardens. The tour is hosted by The Garden Club of Alexandria and Hunting Creek Garden Club. www.vagardenweek.org

Clifton and Fairfax Station, April 21

This self-drive tour features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool – four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30 at www.vagardenweek.org or email fairfaxtickets@vagardenweek.org.

Visit www.gardencluboffairfax.blogspot.com for a list of local retailers selling tickets.

Leesburg, April 19-20

Leesburg was mapped and recognized by the Council of the Colony in 1758. Most of the 11 featured tour properties are located on two historic roads, Edwards Ferry Road and Cornwall Street. The neighborhoods offer a variety of architectural styles and well established gardens. This two-day Towne and Country tour features 11 properties and coincides with the Leesburg Flower and Garden Festival, which takes place on April 18 and 19.

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Home Improvements Earn Awards

Four Sun Design remodeling projects named Washington-area “Contractor of the Year” winners.

BY JOHN BYRD

It’s been a good year for Sun Design Remodeling.

In January, the full-service design/build remodeler won four “Contractor of the Year” awards from the Washington, D.C. chapter of the National Association of the Remodeling Industry (NARI). Then, in February, an already locally-honored gourmet kitchen was named category best (“kitchen above \$150k”) in the 10-state southeastern region.

Winning projects include: a rear elevation poolside recreation solution; a French Country gourmet kitchen (the southeastern regional winner); an open kitchen plan in a traditional interior style; and a lower-level build-out to designed for use by three generations.

French Country Kitchen Is Local and Regional COTY winner: Residential Kitchen Over \$120,000

For Dr. Rick Layfield and his wife Kelly Layfield, the search for their dream kitchen started shortly after they purchased their 3,700-square-foot, four-bedroom home in Clifton eight years ago.

“The kitchen suite was a primary selling point,” Kelly Layfield said of the 400-square-foot room.

But she found the rear of the house dark and dated. Sightlines to the children’s backyard play areas were not well-aligned. And there was a visually obstructive bulkhead over the primary food preparation zone.

Also, the pentagon-shaped food preparation island and dining counter wasn’t well suited for in-kitchen dining. And the corner breakfast area was cramped — making it hard to access a door to the back porch which used to be a pathway to the family’s outdoor grill.

Fortunately, Kelly Layfield’s first meeting with designer John Benson was productive from the start. He proposed a rectangular food preparation island with a granite surface, parallel with the two corners of the cook’s work zones.

Benson also helped Layfield explore the lighter, more textured hues she had been seeking: marble subway tile wall covering; surfaces in Granite Bianco Antico; white cabinets with glass facings; and an oven backsplash in a white quatrefoil tiling. The coffers, likewise, are delineated in a white and grey duotone.

“This is just the balance I was looking for,” Layfield said. “It feels like home.”



PHOTO BY BRYAN BURRIS

With its private entrance, fully operative kitchenette and dining table for four, the new lower level allows Tina’s mother, Kay, to host bridge parties for friends independent of any other household activities.



PHOTO BY MITRO HOOD

BEST RESIDENTIAL KITCHEN: Sun Design’s winning kitchen solution takes full advantage of a 13’ cathedral ceiling with a two-level window wall. Owner Melynda Britt says the space is much better organized, yet more accessible — perfect for entertaining.

Open Floorplan Defines Casual But Elegant Kitchen Residential Kitchen; \$80k to \$120k; COTY Honorable Mention

Steve and Melynda Britt’s four-bedroom colonial in Vienna offered considerable charms when the couple purchased it 10 years ago.

There was a nicely finished library and living room, a formal dining room and a sizable family room in the back half of the house with a 13-foot cathedral ceiling framing a lovely view of mature landscaping.

For Melynda Britt, the larger goal was a kitchen footprint that offered an efficient work space — integrated with the surrounding great room.

“Since the emphasis was on a more intelligent use of limited square footage,” Sun Design’s Duroske said, “we thought custom-built-ins would help create better coordi-

nated work zones.”

Critiquing the kitchen now, Britt is amazed at how much more effectively the solution works on several fronts: The food preparation island protects the cook’s work triangle, and is positioned for easy service to the family room; the beverage station, an effective space divider, is accessible from both the breakfast area and family room; the coffee bar is situated between doors leading to the dining room and the breakfast room, out of the chef’s way; the kitchen’s mosaic tile flooring has been replaced by a refinished hardwood flooring.

“We can now comfortably entertain 20-25 guests,” Britt said. “Better yet, the space is really warm and comfortable.”

Finished Lower Level Offers Multi-Gen Family Solution COTY Honorable Mention

Eric Park and his wife Tina, both physicians, were already quite busy 10 years ago when they purchased a 3,400-square-foot two-level neo-colonial in Falls Church.

“Our plan all along was to create a family home,” Tina Park said. “We saw the lower level eventually playing a part in our daily lives, but were only using it for storage. It wasn’t until my mother began regularly helping us with the girls that we began looking at the house more closely.”

At first Park’s mother, Kay, would stay in the guest room, but gradually everyone started looking at ways to increase available privacy.

It’s at this point that Sun Design Remodeling enters the story.

“A basement conversion is challenging,” said Sun Design’s Liz Lee-Sint, who guided the Park project from concept to completion, “especially when it’s going to be mainstreamed with the rest of the house.”

For Kay, the top priority was a suite with all the features of independent living, including a private entrance, a comfortable master suite and a fully functional kitchenette with dining for four.

On a separate note, the Parks envisioned a 195-square-foot family fitness center and a children’s play zone with custom built-ins.

Describing the finished décor as “modern Asian contemporary,” Tina Park stressed simple lines, soft tones and open visuals.

“It’s really the nicest place in the house now,” Park said. “And it satisfies so many different needs that it’s become our main gathering place.”

House and grounds reconciliation judged this year’s best Exterior Solution/COTY Grand award winner

As Monte Zaben tells it, the rear elevation to his 8,300-square-foot colonial in Fredericksburg was so sun-exposed it was uncomfortable sitting by the pool he had just installed the year before.

After researching several options, however, he stumbled on Sun Design’s portfolio of indoor-outdoor solutions, and set up a meeting.

Combining an extended radius that steps down to the pool with vaulted entrance way, the structure’s architecture is welcoming.

Tapered craftsman-style piers support a seam metal roof. Inside, three distinct activity zones flow together: an open-air lounge; a cozy poolside vista with a pair of wicker chairs; and an outdoor kitchen equipped with a traditional grill, a power burner and refrigerators. A second level grilling deck is now, likewise, under roof.

Happy with the outcome, Zaben said he enjoys the outdoor kitchen so much he was out grilling one of his specialties this past January. “We make regular use of the outdoor space on just about every seasonable day,” he adds. “It’s very much a part of our lives now.”

John Byrd has been writing about home improvement for 30 years. He can be reached at byrdmatx@gmail.com.

WWW.CONNECTIONNEWSPAPERS.COM

Historic Virginia in Gardens

FROM PAGE 5

Georgian Revival house draws its elegant inspiration from historic Williamsburg. Large rooms with arching Palladian windows overlook a formal boxwood knot garden and serene five-acre landscape. The hardwood tree canopy shades a hillside azalea and rhododendron garden with a bridge over a swale. Details inside include formal dining and living rooms with deep crown and base molding and regal blue and gold wallpaper. Antiques and the owners' serendipitous flea market finds abound. The foyer, with Currier and Ives prints, leads to the living room with its 1876 grand piano. Dennis and Cyndy Patrick, owners.

❖ Willowbrook Road, Fairfax Station: Nestled in an equestrian neighborhood, this 10,000-square-foot contemporary home was built in 2013 for an active family with young children on the site of their previous house. A handsome entrance of stone, leaded glass and ironwork leads to a spectacular open-plan living, dining and kitchen area designed by the fun-loving owners with year-round entertaining in mind. The living area contains a double fireplace and a backlit onyx bar. Other thoughtful details include an elevator, a home gymnasium and a separate garage for the children's bikes and toys. The immaculate two-stall stable on the property has attached horse trailer storage and is home to a beloved horse and a pony. Local equestrians will be in the stable to answer horse-related questions. Garth and Heather Viar, owners.

❖ Also Willowbrook Road, Fairfax Station: Serenity awaits visitors at this single-story California-style property. The experience begins on the long drive that winds past a riding

ring and pastures. Slate steps lead to the entrance courtyard, where a koi pond and bamboo fountain set the warm spa-like mood of this wonderful home. The house, purchased in 2003, has been completely renovated by the current owners, and has been personalized with twin studies, an open-plan kitchen. Clean, contemporary and connected to nature, the rooms along the back of the house each open to a series of graceful garden rooms with an entertaining deck, a yoga/meditation deck, an outdoor shower and a seating area surrounding a fire pit. Inside, visitors find delights like a glass conservatory and studio. The eco-friendly, award-winning stable complex contains a four-stall barn, equipment storage, dry lots, round pen, composting system and pastures. Randall and Joan Onders, owners.

❖ Poplar Grove, Lakewood Lane, Fairfax Station: Time stands still at Poplar Grove. A curving driveway leads visitors through towering oaks and flowering cherry and plum trees to a slower, more gentle way of living. The cream-colored Federal-style home was built in 1964 and renovated quite literally from the ground up in 2001.

The owners, one a landscape architect of world-class talent and the other a graduate of DuPage School of Horticulture and a seventh-generation Virginian, carved a paradise of 18th-century grandeur out of what had been seven overgrown acres. The owners' passion and expertise brought to life a two-level Colonial parterre kitchen garden with boxwood topiary, oyster-shell walkways and a climbing-rose-covered chicken coop. Nearby is a vineyard with over 400 Petit Verdot grape vines. Visit the swimming pool garden and follow a shady path that leads to the secret white garden with a pond and splashing fountain. In fact, fountains can be heard bubbling and splashing in ev-



COURTESY OF GARDEN CLUB OF FAIRFAX

This graceful Georgian Revival house in Clifton draws its inspiration from historic Williamsburg.

ery direction. Master Gardeners will be available to answer questions in the gardens. Charles Prillaman and Parker Jennings, owners.

More at www.viriniagardenweek.org.



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Sterling, VA 20164
703-450-5453

Sterling
APPLIANCE

www.sterlingappliance.com

Leesburg
1051 Edwards Ferry Road
Leesburg, VA 20176
703-771-4688

Memberships Available For 2015

GREAT FALLS SWIM & TENNIS

SWIM TEAM • DIVE TEAM • SIX LIGHTED TENNIS COURTS
HEATED TENNIS BUBBLE • PADDLE BALL • HANDBALL
BASKETBALL COURT • SUMMER CAMPS • SOCIAL EVENTS

Great Falls Swim and Tennis offers its members and their families a casual environment for the enjoyment of swimming, tennis and social programs right in the heart of downtown Great Falls.

Our facilities include a large, heated pool with two diving boards, a wading pool, changing rooms, a covered pavilion, six lighted tennis courts (4 clay, 2 hard), a heated bubble for indoor tennis from October through April, a lighted platform handball/basketball court, a picnic and grill area, snack bar and large grass area for volleyball, tetherball, lacrosse, soccer and numerous other outdoor games.

Club activities include: adult and junior tennis year-round private and group lessons, camps and tournaments with two of Northern Virginia's top tennis professionals, adult and junior NVTL tennis teams, junior NVSL swim and dive teams, tennis, swim & dive group and/or private lessons and social activities.

FOR MORE INFORMATION PLEASE CONTACT
SHERI AT slandf@aol.com | www.gfsandt.com

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

January, 2015 Top Sales in Reston, Oak Hill and Herndon

IN JANUARY 2015, 9 50 RESTON HOMES SOLD BETWEEN \$1,700,000-\$120,000, AND 40 HOMES SOLD BETWEEN \$985,000-\$165,000 IN THE HERNDON AND OAK HILL AREA.



4 2078 Beacon Heights Drive, Reston — \$918,000



1 11990 Market Street #2104, Reston — \$1,700,000
10 11990 Market Street #1101, Reston — \$750,000



7 11685 Bennington Woods Road, Reston — \$794,000



6 1503 Stuart Road, Reston — \$825,000



5 11004 Burywood Lane, Reston — \$890,000

Address	BR	FB	HB	...	Postal	City	...	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 11990 MARKET ST #2104	2	2	1	RESTON	\$1,700,000	Hi-Rise 9+ Floors	20190	..	MIDTOWN AT RESTON TOWN	..	01/30/15		
2 3219 NAVY DR	4	4	1	HERNDON	\$985,000	Detached	0.57	20171	DARTMOOR WOODS	01/09/15
3 2702 ROBALEED WAY	6	5	0	HERNDON	\$947,500	Detached	0.55	20171	ROBALEED	01/26/15
4 2078 BEACON HEIGHTS DR ...	3	2	1	RESTON	\$918,000	Townhouse	0.06	20191	RESTON	01/20/15
5 11004 BURYWOOD LN	4	2	1	RESTON	\$890,000	Detached	1.16	20194	ASCOT	01/16/15
6 1503 STUART RD	5	3	1	RESTON	\$825,000	Detached	0.84	20194	RESTON	01/06/15
7 11685 BENNINGTON WOODS RD ..	4	3	0	RESTON	\$794,000	Detached	0.27	20194	RESTON	01/23/15
8 12020 CANTER LN	4	4	0	RESTON	\$790,000	Detached	0.56	20191	RESTON	01/16/15
9 2622 MOUNTAIN LAUREL PL ..	4	3	2	RESTON	\$770,000	Detached	0.36	20191	FOX MILL WOODS	01/20/15
10 11990 MARKET ST #1101	2	2	0	RESTON	\$750,000	Hi-Rise 9+ Floors	20190	..	MIDTOWN AT RESTON TOWN	..	01/30/15		

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