

Hadeed
ORIENTAL RUG CLEANING
AND IN-HOME SERVICES

OUR BEST OFFER EVER!

In Plant Express or Signature Rug Cleaning
FOR EVERY 2 RUGS CLEANED GET THE 3RD RUGS CLEANED **FREE!**

SAVE up to 35%

ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

703-836-1111 | JoeHadeed.com | FREE PICKUP & DELIVERY!† *Hurry! Offer Expires 2/10/19. Get the third rug of equal or smaller size for free. Not valid w/any other offers.

U.S. Rep Gerry Connolly (D-11) addresses a sold out crowd of 700 guests during the 36th Annual Benefit Performance of Capitol Steps in support of Cornerstones Sunday night at the Hyatt Regency Reston.

Reston CONNECTION



Capitol Steps Help Raise \$412,000 for Cornerstones

NEWS, PAGE 3

From Awkward To Artistry in Motion

NEWS, PAGE 3

Reston Real Estate Market Up For 2018

NEWS, PAGE 8

WELLBEING

PAGE, 2

PHOTO COURTESY OF CHIP MCCREA PHOTOGRAPHY

OPINION, PAGE 4 ♦ ENTERTAINMENT, PAGE 6 ♦ CLASSIFIEDS, PAGE 6

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 2-7-19

PRRST STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT # 322

WELLBEING

American Heart Month

Making healthy diet and exercise choices are two keys to preventing heart disease.

BY MARILYN CAMPBELL

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope's Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

"My father died of a heart attack when he was 62, and when he was 57 he had a stroke," said Pope. "All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine's Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try."

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

"February is also Black History Month and these two recognitions go hand-in-hand," said Nikkia Wilkens, Fairfax County Health Department community outreach professional. "African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health."

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one's salt intake. "Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator," said Wilkens. "Maintain a healthy diet and skip the fried foods, and eat lots of



PHOTO CONTRIBUTED

Finding creative but tasteful ways to add vibrantly colored fruit and vegetables to one's diet can help prevent heart disease.

fruits and vegetables. Commit to eight hours [of sleep] a night and drink eight glasses of water each day."

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

"Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well," said fitness trainer Brendan Moore. "Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you're exerting enough energy to have an impact."

Small dietary changes can be made gradually. "Watching your salt intake is really important," said dietician Caroline Knowles. "There are so many ways to prepare meals by using spices instead of salt so that you don't compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste."

ANY TYPE OF RUG, ANY PRICE LEVEL, WE HAVE A SOLUTION FOR YOU!

Hadeed, The People You've Trusted for Over 82 Years, Now Bring the Same Quality Cleaning to Everyone!

Now Servicing Every Type of Rug from Machine Made Synthetic to the Finest Handmade Silk. We Bring the Same Quality to Everyone with Our Multi-Pricing Level Menu that will Match Your Rug.

OUR BEST OFFER EVER! In Plant Rug Cleaning **SAVE up to 35%**

FOR EVERY 2ND RUGS CLEANED GET THE 3RD RUGS CLEANED FREE!

3 Rugs = 1 Cleaned FREE! • 6 Rugs = 2 Cleaned FREE! • 9 Rugs = 3 Cleaned FREE! On & On

*Hurry! Offer Expires 2/10/19. Valid on Express or Signature Rug Cleaning Services. Get the third rug of equal or smaller size for free. Not valid w/any other offers.

IN-PLANT RUG RESTORATION 10% Off
Expires 2/10/19. Not valid w/any other offers.

WALL-TO-WALL CARPET STEAM CLEANING OR HARDWOOD FLOOR CLEANING & POLISHING 20% Off
Expires 2/10/19. Not valid w/any other offers.

HADEED SINCE 1929 **FREE PICKUP & DELIVERY!**

Oriental Rug Cleaning & In-Home Services

535 W. Maple Avenue Vienna, VA | 4918 Wisconsin Ave. DC/MD | 3206 Duke Street Alexandria, VA | 6628 Electronic Dr. Springfield VA | 3116 W. Moore Street Richmond VA

Grand Opening! » 330 North Stonestreet Ave., Suite A, Rockville, MD

703-836-1111 | JoeHadeed.com

†Available in MD, DC, & VA. Min. order required, some restrictions apply. Doesn't include breakables. Call for details.

REACH YOUR ONLINE AUDIENCE

THE CONNECTION + **Google Ads**

CALL 703.778.9431 TO GET STARTED

The Connection you know and trust now offers advertising on Google. Our display ads can help you promote your business when people are browsing online, watching YouTube videos, checking Gmail, or using mobile devices and apps.

Reach 90% of Internet users!

Email sales@connectionnewspapers.com for more info

Capitol Steps Help Raise \$412,000 for Cornerstones

The 36th Annual Benefit Performance of Capitol Steps in support of Cornerstones took place Sunday night at the Hyatt Regency Reston before a sold out crowd of 700 guests who came for an evening of political satire all for an important cause – to help families in Cornerstones' Embury Rucker Community Shelter move to permanent housing. Proceeds benefit the programs and people served by Cornerstones – a community-based organization that has been providing affordable housing and comprehensive support services to individuals and families in need since its founding in Reston in 1970.

The 2019 Capitol Steps event was co-chaired by Susie Sylvester Duggal of Dev Technology Group and Bob Van Hoecke of Regulatory Economics Group and The Long and Foster Companies, the Presenting Sponsor.

Addressing sponsors before the show began, Bob Van Hoecke, co-chair of the event, reflected on his parents' hard work and love of family despite daily struggles, as what motivates his involvement with Cornerstones. "In our area it takes an income of \$62,000 to support a family of four in a two-bedroom apartment. It's these same hard working people, service industry workers, firemen, teachers, and healthcare workers who often live paycheck to paycheck, struggling to make ends meet." He emphasized that some in attendance tonight may be experiencing that stress due to the government shutdown, adding "Cornerstones is here for anyone in our community in need because of the funds we are able to raise tonight and throughout the year."

Before bringing the Capitol Steps to the stage, John Thomas, Cornerstones Board Chair, welcomed guests on behalf of Cornerstones' board and sponsoring religious organizations, and introduced Jeff Detwiler, President and CEO of Long and Foster companies. As the Presenting Sponsor for the past seven years, Detwiler shared the company's commitment to the cause, noting, "Even though we live in one of the wealthiest counties in the nation, more than 1,000 men, woman and children – 30 percent of whom are children – are homeless in this community. We believe that supporting Cornerstones in its mission makes us as a community stronger." U.S. Rep. Gerry Connolly (D-11) addressed the crowd, recalling his role as Fairfax County Board Chair and establishing the Penny Fund to preserve affordable housing, and launching the 10-Year plan that has resulted in cutting homelessness in Fairfax County by nearly half. During the intermission, Cornerstones' CEO Kerrie Wilson shared the impact of Cornerstones' work, introducing the Capitol Steps audience to Rupa, a survivor of domestic violence whose courageous journey demonstrates what is possible for many formerly homeless families.

Rupa describes the support of her caring Cornerstones family over the years as saving her life. Today she lives comfortably in her own home, she is a U.S. citizen, manages a local business and is making plans to open her own salon. She is newly married to a caring man and relishing her role as a grandmother.



Check presentation: The event raised more than \$400,000 to provide safe and stable homes for individuals and families who are homeless in our community.

Wilson commented, "For nearly 50 years, Cornerstones has provided stability for people in crisis, empowering them with resources that give them hope for a brighter future. The support of everyone in this room is a testament to what our community can accomplish together to help those in need."

Del. Ken Plum (D-36) rallied the crowd for the annual "Empty the Shelter" Paddle Auction. A dedicated supporter of Cornerstones himself, he asked the audience to dig deep, and then thanked them as they raised \$100,000 for Cornerstones' rapid re-housing programs.

Capitol Steps Committee co-chairs Susie Sylvester Duggal and Bob Van Hoecke, thanked a sold out crowd of 700 guests. "The generous response during the 'Empty the Shelter' Paddle Auction helped us exceed our goal for this year – raising more than \$400,000 to provide safe and stable homes for individuals and families who are homeless in our community," said Susie Sylvester Duggal as she and Bob Van Hoecke presented a \$412,000 check to Cornerstones. Kerrie Wilson, Cornerstones' CEO, said in a final thank you, "Because of you, and your support, Cornerstones can offer the programs and resources that provide stability to people at time of crisis, then empower them with opportunities and skills that offer hope and opportunities for the future, for themselves and their family members." Wilson noted Cornerstones' strength as a convener, and challenged guests to continue to work together as a community to build connections and develop solutions that ensure all working families have homes that are affordable.



PHOTOS COURTESY OF CHIP MCCREA PHOTOGRAPHY

Capitol Steps in benefit performance in support of Cornerstones Sunday night at the Hyatt Regency Reston.



PHOTO BY MERCIA HOBSON/THE CONNECTION

At the Reston Town Center Ice Skating Pavilion, it's a learning process for Logan Binnix, 3.5, formerly of Herndon, as he steps out on the ice for the first time. With dad Bryant and the sliding penguin giving him confidence and balance, young Binnix slides, falls, works his courage back up and takes his first glide across the ice.

From Awkward to Artistry in Motion

Fun on the Ice at the Reston Town Center Pavilion.

BY MERCIA HOBSON
THE CONNECTION

Whether for exercise, leisure or the challenge of mastering something at first awkward, to doable, to filled with grace and artistry in motion, the Reston Town Center open-air Ice Skating Pavilion is the place to lace up those skates. Centrally located in the heart of the town center, the open-air Pavilion is transformed into a shimmering ice-skating rink through March 10 and offers a menagerie of skating opportunities.

The Pavilion features daily public skating and skate rentals, Learn to Skate lessons, birthday parties, private and corporate parties, plus special recurring weekly events said a spokesperson at the Skate Shop, directly beside the Pavilion. On Saturdays, there is the Cartoon Skate at the Rink where Scooby-Doo and Cat in the Hat share the ice with public skaters.

On Thursdays is College Night at the Rink during which skaters with valid college IDs receive \$2 off admission and on Fridays is Rock the Rink with a DJ, music, games and prizes. Skating continues until 11 p.m. that evening.

Early Saturday morning, Feb. 2, students in two of the Learn

to Skate Lessons took to the ice under the watchful eyes of their instructors, building confidence while learning the basics skills of skating. Children wearing protective helmets began to master the fundamentals, how to stand, fall, get up, stop, march then glide.

"Bend your knees, put your hands on them, look forward," called the instructor to his class of four children. Out on the ice, young skaters like Arjuri Pandit, 6, heeded the directions, regained balance and slowly glided over the ice. From the sidelines, Ruchi Pandit watched her son. "It's a great opportunity here. Arjuri's been going out on the rink on his own," said Pandit.

Sliding over the ice takes confidence and balance. During the public session, Bryant Binnix, former Herndon resident took his three and half-year-old son, Logan on the ice but not without the sliding penguin stand helper. Not only did the penguin assist Logan and allow him to feel safe learning to skate, but dad Bryant did not have to hold up his son and possibly strain his back.

Angie Binnix, Logan's mom, watched from the rail. "This is Logan's first time on the ice. He's not afraid, though at first, he was a little nervous. Now he wants to go on his own."

OPINION

Week of Absurdities

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



The 2019 session of the General Assembly has reached its mid-point, or crossover, when the two houses start to consider bills that have survived the other house. It also represents the final action on many bills giving an indication of what the ultimate legislation for the session is likely to be. In the back of most legislators' minds is the fact that when the legislature adjourns *sine die* (until another day) the election season will begin. The thought of going home to meet their voters motivates many votes. After all, that is the way it should be in a representative democracy. The results, however, create some absurdities.

Republicans appear to be planning to focus once again on abor-

tion. Although *Roe v Wade* decided in 1973 was supposed to set the rules for abortions, the debate still goes on. This week in a massive media campaign linked to fundraising, the opponents accused Governor Ralph Northam who is a pediatrician and first term Delegate Kathy Tran, a mother of four the youngest of whom she was nursing during session last year, of favoring infanticide! I witnessed the verbal ambush by some of the most skilled lawyers in the House who with some editing of the tape of their cross-examination of her created a false impression of her bill and what it did. Calling the episode absurd is a mild description; I think Governor Northam came closer to an accurate description when he called it disgusting. (Read

more at https://wapo.st/2GdVpDd-s-m&utm_term=.814210c15403)

Thirty-seven states have ratified the Equal Rights Amendment. It is looking doubtful that Virginia will join that group this year. In floor speeches on the amendment one of the women opposing the amendment said that she did not need "words on a piece of paper" to get what she wanted.

Bills that would have created an independent redistricting commission including my perennial bill have been defeated in the House. A bill introduced by the Speaker of the House that would create a commission to redistrict the legislature is far from independent in that it still has legislators picking their voters in order to protect incumbents and hold onto the majority. If the bill makes it through the legislature it will be amended or vetoed by the governor. It remains difficult for the majority to play fair especially when it holds

control by such a slim sliver of power. A two-vote shift in both houses would put Democrats in charge of the legislature.

Major divisions continue to exist between the parties on finalizing the budget. Republicans favor a plan that continues the federal approach of giving tax breaks to those with the highest income. My bill to establish a partially refundable Earned Income Tax Credit (EITC) was defeated. About half the states have used an EITC to help raise the income of working families. There is a slight possibility that Governor Northam could get the EITC in a compromise budget as he is a strong proponent of it. Several weeks remain for the legislature to work its will. Some good bills are passing that will be favorable to the people of the Commonwealth, and I will discuss these in future columns. With an election looming in the fall, we may still see more absurdities!

Governor Northam and the Yearbook Controversy

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

In this world of the internet and instant communication, it is hard to understand how Ralph Northam's disgusting Medical School yearbook page didn't come to light before now. But then I have wondered the same about Donald Trump's tax returns—how is it possible that they haven't somehow come to light before now?! There the comparison between these two men ends.

Ralph Northam throughout his career as a pediatric neurologist caring for children, a legislator and now Governor of Virginia has been untouched by scandal and widely respected as a decent, ethical and honest person. Donald Trump not so much. Although Northam comes from a region of Virginia not known for leadership in racial tolerance and love, he seems an honorable man and has been rec-

ognized for both. The yearbook fiasco comes as a shock to Virginians familiar with Northam and his record of service. Yet, Virginia politicians, including most Democrats, are abandoning the



INDEPENDENT PROGRESSIVE

Governor, already screaming for him to resign. Never mind that they don't know for a fact if he is in the despicable picture. The inset pictures on his college yearbook page are disgusting and painful reminders of racial wounds still healing in this hardcore home of the old Confederacy which refused to desegregate all public schools nearly twenty years after the landmark *Brown v. Board of Education* decision of 1954. The picture of two people, one in blackface and another in a Ku Klux Klan costume, is insulting in one case and far worse in the other. The Klan is a pure terrorist organization. While

Northam has acknowledged that he had once put on blackface in a dance competition, he now denies being either of those in the yearbook picture. Given what we know about Ralph

Northam, I find this explanation believable. Yearbook pranks, including nasty ones, by other students are not uncommon. In fact, Eastern Virginia Medical School subsequently banned the yearbook permanently because people just "couldn't stop being racist" (according to the *Washington Post*, 2/4/19). The school, to its credit, has now launched an investigation to find out how the picture might have gotten into the 1984 yearbook and, if possible, who is in the picture. Why can't Virginia politicians, especially Democrats who have worked with Mr. Northam to achieve vital legislation, including the expansion of

Medicaid to serve 400,000 low-income Virginians, for example, do likewise? Why can't they wait for the results of the investigation to be certain about the picture before rushing to judgment, trashing the Governor and ending the career of a good man? Could it be because they are looking ahead to the 2019 elections when Democrats hope to take control of both houses of the general assembly...and the power to reapportion both Congressional and Virginia legislative districts? If the investigation proves that Northam indeed is in the picture, especially if he were in the KKK outfit, and that he has lied about the picture, then indeed he must resign or even be removed from office.

This outcome is far too important, with crushing human consequences, to be rushed for political expediency of the Democratic Party. I would like to think we are better than that. Let's get it right.

Be Part of the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

EDITORIAL We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters,

snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business

have a managing pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog? Or take this opportunity to memorialize a beloved pet you have lost. Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo,

and include address and phone number (we will not publish your address or phone number, just your town name). Email to editors@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets. For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

Reston
CONNECTION

www.ConnectionNewspapers.com

@RestonConnect

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Mercia Hobson
Community Reporter
mhobson@connectionnewspapers.com

Andrea Worker
Contributing Writer
aworker@connectionnewspapers.com

Jean Card
Production Editor
jcard@connectionnewspapers.com

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

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

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Classified & Employment Advertising
703-778-9431

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly,
Ali Khaligh
Production Manager:
Geovani Flores

CIRCULATION
circulation@connectionnewspapers.com



Prom is Around the Corner

RCC's "Diva Central Accessories Drive" underway

By **MERCIA HOBSON**
THE CONNECTION

Prom season is right around the corner. Reston Community Center (RCC) announced the opening of its "Diva Central Accessories Drive" that runs through Thursday, Feb. 28. "Thanks to the overwhelming generosity in response to last year's dress drive, we have plenty of dresses, and only accessories are being requested for this year," said LaTanja Jones, RCC.

"RCC is accepting donations of new and gently used shoes, jewelry, bags, scarves, shawls and other accessories," said Karen Brutsché, RCC. Items can be donated at either RCC Hunters Woods, 2310 Colts Neck Road, Reston or RCC Lake Anne 1609 Washington Plaza, Reston between 9 a.m. and 9 p.m. Mondays through Saturdays and from 9 a.m. to 8 p.m. on Sundays. Donations are tax-deductible.

The one-day shopping opportunity is open to all current middle school and high school students in need of a formal dress, shoes, jewelry and other accessories. "Students from South Lakes High School and



PHOTO BY MERCIA HOBSON/THE CONNECTION

Langston Hughes Middle School, please join us from 11 a.m. - 3 p.m. on March 30, 2019, to shop with friends for a free beautiful outfit," said Brutsché. Volunteers will be on hand to assist students.

For more information or to volunteer, contact LaTanja Jones, RCC's Collaboration and Outreach Director at 703-390-6158 or LaTanja.Jones@fairfaxcounty.gov.



Everything You Need to KNOW

A Public Health Service & Educational Series
Provided by Tall Oaks Assisted Living

FEBRUARY PROGRAM

Stayin' Alive: Surviving Disasters & Emergencies



Kathleen Koch, Former CNN Correspondent, will tell you *Everything You Need to Know* to keep your family safe.

- Active Shooter Situations
- Extreme Weather
- Pandemics
- Disaster & Evacuation Planning

Wednesday, February 20 • 6:00 - 8:00 pm
Free and open to the public. Chef-prepared appetizers provided.

EVENT LOCATION
Reston Lake House • 11450 Baron Cameron Ave., Reston
RSVP Call 703-834-9800 or email RSVP@talloaksal.com.



Tall Oaks
ASSISTED LIVING
RISING TO NEW HEIGHTS

703.834.9800 • www.TallOaksAL.com
12052 N Shore Drive • Reston, VA

A Family Company

Coordinated Services Management, Inc. Professional Management of Retirement Communities since 1981

*For media coverage information, contact Gina Damiano:
703-834-9800 or gdamiano@talloaksal.com.*

Give your money a raise



Make your money work harder by earning higher interest rates.
Talk to a banker for more details. Offer expires March 22, 2019.

Platinum Savings Account

2.10%

Annual Percentage Yield for 12 months¹

Enjoy a special interest rate for 12 months with new money deposits of at least \$25,000 and a minimum daily account balance of \$25,000 or more.

Fixed Rate CD

2.60%

Annual Percentage Yield for 11 months²

Guaranteed fixed rate with new money deposits of at least \$25,000 for an 11-month term.

Both accounts are FDIC-insured up to the maximum allowable limit. Platinum Savings offer available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NV, NY, PA, SC and VA. *Portfolio by Wells Fargo*® customers are eligible to receive an additional interest rate bonus on these accounts.³

¹ To qualify for this offer, you must have a new or existing Platinum Savings account and enroll the account in this offer between 01/21/2019 and 03/22/2019. This offer is subject to change at any time, without notice. This offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.08% (Special Rate), you must deposit \$25,000 in new money (from sources outside of Wells Fargo Bank, N.A. or its affiliates) to the enrolled savings account and maintain a minimum daily account balance of \$25,000 throughout the term of this offer. The corresponding Annual Percentage Yield (APY) for this offer is 2.10%. The Special Rate will be applied to the enrolled savings account for a period of 12 months, starting on the date the account is enrolled in the offer. However, for any day during that 12 month period that the daily account balance is less than the \$25,000 minimum, the Special Rate will not apply and the interest rate will revert to the standard interest rate applicable to your Platinum Savings account. As of 12/10/2018, the standard interest rate and APY for a Platinum Savings account in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA with an account balance of \$0.01 to \$99,999.99 is 0.03% (0.03% APY) and with an account balance of \$100,000 and above is 0.05% (0.05% APY). Each tier shown reflects the current minimum daily collected balance required to obtain the applicable APY. Interest is compounded daily and paid monthly. The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, standard interest rates apply. Minimum to open a Platinum Savings account is \$25. A monthly service fee of \$12 applies in any month the account falls below a \$3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of \$1 million. Offer not available to Private Banking, Wealth, Business Banking or Wholesale customers. ² Annual Percentage Yield (APY) is effective for accounts opened between 01/21/2019 and 03/22/2019. The 11-month New Dollar CD special requires a minimum of \$25,000 brought to Wells Fargo from sources outside of Wells Fargo Bank, N.A. or its affiliates to earn the advertised APY. Public Funds and Wholesale accounts are not eligible for this offer. APY assumes interest remains on deposit until maturity. Interest is compounded daily. Payment of interest on CDs is based on term: For terms less than 12 months (365 days), interest may be paid monthly, quarterly, semi-annually, or at maturity (the end of the term). For terms of 12 months or more, interest may be paid monthly, quarterly, semi-annually, or annually. A fee for early withdrawal will be imposed and could reduce earnings on this account. Special Rates are applicable to the initial term of the CD only. At maturity, the Special Rate CD will automatically renew for a term of 6 months, at the interest rate and APY in effect for CDs on renewal date not subject to a Special Rate, unless the Bank has notified you otherwise. Due to the new money requirement, accounts may only be opened at your local branch. Wells Fargo reserves the right to modify or discontinue the offer at any time without notice. Offer cannot be combined with any other consumer deposit offer. Minimum new money deposit requirement of at least \$25,000 is for this offer only and cannot be transferred to another account to qualify for any other consumer deposit offer. If you wish to take advantage of another consumer deposit offer requiring a minimum new money deposit, you will be required to do so with another new money deposit as stated in the offer requirements and qualifications. Offer cannot be reproduced, purchased, sold, transferred, or traded. ³ The Portfolio by Wells Fargo program has a \$30 monthly service fee, which can be avoided when you have one of the following qualifying balances: \$25,000 or more in qualifying linked bank deposit accounts (checking, savings, CDs, FDIC-insured IRAs) or \$50,000 or more in any combination of qualifying linked banking, brokerage (available through Wells Fargo Advisors, LLC) and credit balances (including 10% of mortgage balances, certain mortgages not eligible). If the Portfolio by Wells Fargo relationship is terminated, the bonus interest rate on all eligible savings accounts, and discounts or fee waivers on other products and services, will discontinue and revert to the Bank's then-current applicable rate or fee. For bonus interest rates on time accounts, this change will occur upon renewal. If the Portfolio by Wells Fargo relationship is terminated, the remaining unlinked Wells Fargo Portfolio Checking or Wells Fargo Prime Checking account will be converted to another checking product or closed.

Investment and Insurance Products:
Are not Insured by FDIC or any Federal Government Agency
May Lose Value
Are not a Deposits of or Guaranteed by a Bank

© 2019 Wells Fargo Bank, N.A. All rights reserved.
 Deposit products offered by Wells Fargo Bank, N.A. Member FDIC.
 NMLSR ID 399801

CLASSIFIED

WWW.CONNECTIONNEWSPAPERS.COM

TO ADVERTISE IN THIS PAPER. CALL BY MONDAY 11:00 AM 703-778-9411

Announcements

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

**Find us on Facebook
and become a fan!**
[www.Facebook.com/
connectionnewspapers](http://www.Facebook.com/connectionnewspapers)

THE CONNECTION
Newspapers & Online
The Connection to Your Community
www.connectionnewspapers.com

Announcements

Employment

**Forget Daily
Commuting**
Print and digital media
sales consultant for area's
most popular and trusted
local news source

Manage your own hours from home
Enjoy flexible schedule
plus no daily commute
Help local businesses grow
Unique opportunity to be a
voice in your community
Competitive compensation

Call Jerry Vernon
703-549-0004
Connection Newspapers & Digital Media
Trusted Connection to Local Communities

Announcements

OUTER BANKS, NC - VACATION RENTALS

Over 500 vacation homes from S. Nags Head to Corolla's 4x4!

Brindley Beach
VACATIONS & SALES

877-642-3224
www.brindleybeach.com

You can read any of this week's
15 papers digital editions here:

www.ConnectionNewspapers.com/PDFs



**Learn About Advertising
in the Connection
and Digital Options!**

Advertising in the Connection
and upcoming special sections:

CONNECTIONNEWSPAPERS.COM/ADVERTISING

or call **703.778.9431**

ENTERTAINMENT

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

ONGOING

Go on a "Blind Date" for Charity.

At Scrawl Books, 11911 Freedom Drive, Reston. Take a chance this February and let Scrawl set you up – sight unseen – with a great read. Get a few hints and a brief description of what might be hidden inside. Proceeds from sales of "Blind Date" books will benefit local schools and pre-k programs. Visit www.scrawlbooks.com or call 703-966-2111.

Exhibition: "For the Love of Art."

Through Feb. 28 at the Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging. This show is free and open to the public during the center's regular operating hours. Kathleen Best Gillman judges the show. Visit www.leagueofrestonartists.org.

WEDNESDAY/FEB. 6

Wine Wednesday. 6-8 p.m. at the Tasting Room, 1816 Library St., Reston. Raise a glass to fine wine and good books. Join fellow book lovers at the Tasting Room on Library Street to talk about what everyone is reading and to get some new recommendations. Visit www.scrawlbooks.com or call 703-966-2111.

THURSDAY/FEB. 7

Art Show and reception: "Nun" Sense. 6:30-8:30 p.m. at Hunters Woods at Trails Edge, Pre-Opening Showroom (next to Ledo's Pizza), 2254B Hunters Woods Village Shopping Center, Reston. Enjoy sweets and sangria, while enjoying the paintings by Jan Dittmar. Space is limited. RSVP to karter@integracare.com or 703-429-1130.

FRIDAY/FEB. 8

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

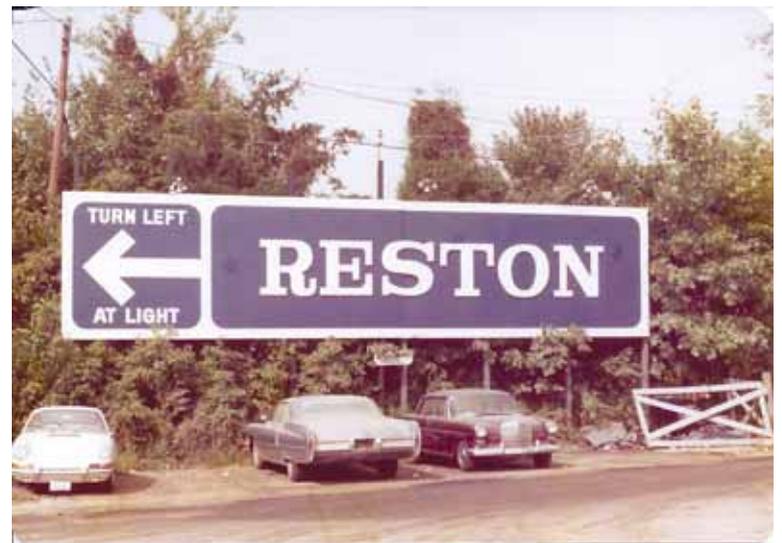
FEB. 8-27

Audubon Photography Awards Show. Mondays, Wednesdays-Fridays 9 a.m.-5 p.m.; Saturdays 10 a.m.-1 p.m.; and Sundays 1-4 p.m. at Walker Nature Center, 11450 Glade Drive, Reston. The winning photographers and their photographs were selected from more than 8,000 entries submitted by photographers from all 50 states, Washington, D.C., and 10 Canadian provinces. This year's photographs celebrate the splendor of many bird species protected under the Migratory Bird Treaty Act. Call 703-476-9689 or email naturecenter@reston.org.

SATURDAY/FEB. 9

Book Worms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. One of Scrawl's favorite children's authors and the master ninja of rhymes, Sue Fliess, will read from her new book, *Ninja Camp*. Visit www.scrawlbooks.com or call 703-966-2111.

Saturday Series: Nature Explorer.



Journeys to Reston

Reston Historic Trust and Museum (RHT) and Reston Community Center (RCC) will host a panel discussion of remarkable journeys to Reston. Wednesday, Feb. 20, 7-9 p.m. at Jo Ann Rose Gallery RCC Lake Anne, 1609-A Washington Plaza, Reston. Free. Email alex.campbell@restonmuseum.org or visit restonmuseum.org for more. In conjunction with this event, RHT is inviting Restonians to share brief stories and photographs of their journeys to Reston: visit www.restonmuseum.org/forum.

Noon-1:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. In the "Exploring Nature Series-Winter" program, students age 6-adult will explore Virginia's ecosystem. Sessions are spread over four Saturdays in February with a new topic to explore each week: Feb. 9 – Mammals; Feb. 16 – Birds; and Feb. 23 – Trees. Each session is \$8 per person. The program takes place both outdoors and indoors, so dress accordingly. Call 703-471-5414 or visit fairfaxcounty.gov/parks/lake-fairfax.

SUNDAY/FEB. 10

Open House: Audubon Photography Awards Show. 1-3 p.m. at Walker Nature Center, 11450 Glade Drive, Reston. The winning photographers and their photographs were selected from more than 8,000 entries submitted by photographers from all 50 states, Washington, D.C., and 10 Canadian provinces. This year's photographs celebrate the splendor of many bird species protected under the Migratory Bird Treaty Act. Call 703-476-9689 or email naturecenter@reston.org.

TUESDAYS/FEB. 12-MARCH 19

Tai Chi. 7-8 p.m. in the Glade Room, 11550 Glade Drive (above the Glade Pool bathhouse). Tai Chi is an ancient "internal" martial art and mind-body discipline rooted in Chinese tradition. This six-week one day a week class is taught by instructor Jeffery Edwards. Questions for this class can be directed to dmerenick@reston.org. Ages 55+. \$70 RA members; \$90 non-members. Visit www.reston.org, email ashleigh@reston.org or 703-435-6577 to register.

THURSDAY/FEB. 14

Girl Power! Book Club. 6:30 and 7 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. February features two picks for the Girl Power! Book Club. "Into White," a book tackling some tough issues will be discussed from 6:30-7. Parents are encouraged to attend. At 7, review the 2019 Newbery Medal winner, "Merci Suarez Changes Gears" by Meg Medina. All middle grade readers are welcome. Call 703-966-2111 or visit scrawlbooks.com.

FRIDAY/FEB. 15

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom

Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Call 703-966-2111 or visit scrawlbooks.com.
Fishing Workshop – Tackle. 6-7 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Hone fishing skills with this hands-on workshop that covers topics such as rods, reels and other tackle. Ages 10-adult. \$8 per person. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

SATURDAY/FEB. 16

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl's all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Call 703-966-2111 or visit scrawlbooks.com.
Saturday Series: Nature Explorer. Noon-1:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. In the "Exploring Nature Series-Winter" program, students age 6-adult will explore Virginia's ecosystem. Sessions are spread over four Saturdays in February with a new topic to explore each week: Feb. 16 – Birds and Feb. 23 – Trees. Each session is \$8 per person. The program takes place both outdoors and indoors, so dress accordingly. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.

SUNDAY/FEB. 17

Fishing Workshop-Reading Water. 4-5 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Learn how to identify bodies of water and develop techniques to increase the chances of catching fish. Ages 10-adult. \$8 per person. Call 703-471-5414 or visit www.fairfaxcounty.gov/parks/lake-fairfax.
Celebrate Galentine's Day. 6:30 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Scrawl Books is hosting a post-Valentine's Day party for the ladies with authors, Orly Konig and Erika Marks, plus food, drinks, raffles and more – all to support a local charity. Bring a girlfriend and join the party after the store closes. Call 703-966-2111 or visit scrawlbooks.com.

BULLETIN

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

WINTER SHELTERS

Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

DONATION REQUEST

Diva Central Accessories Drive. Through Feb. 28, Monday-Saturday, 9 a.m.-9 p.m.; Sunday, 9 a.m.-8 p.m. Reston Community Center will be collecting gently used items at its Hunters Woods and Lake Anne locations. RCC is accepting donations of accessories, including shoes, jewelry, handbags and shawls. RCC does not need donations of dresses this year. Visit www.restoncommunitycenter.com for more.

Support Reston Historic Trust & Museum.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise \$15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit.

The new exhibit will be unveiled during Reston's annual Founder's Day event, April 6. Read more about their history and donate at www.gofundme.com/preserve-lakeside-pharmacy-icons to assist in their preservation. Thank you for your help!

INPUT SOUGHT

Shaping the Future Together. Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit fairfaxcounty.gov/strategicplan and:

- Take a short five-question online survey
- Join a community conversation in person: Feb. 13 – Reston; Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.
- Share the survey and conversation invitation with neighbors, co-workers and county family and friends.

TUESDAYS THROUGH FEB. 19

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

- Tuesday, Feb. 12 – Taking on Challenges (part 6)
- Tuesday, Feb. 19 – Self-Directed, Engaged Learning (part 7)

WEDNESDAY/FEB. 6

Long-Term Care Planning. 7-8 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Financial experts from OneCommonwealth Advisors present a free workshop on protecting yourself from long-term care expenses without spending extra money, and leaving more money to your loved ones. Free. Call 703-689-2700 or visit www.fairfaxcounty.gov/library/events for more.

THURSDAY/FEB. 7

Title IX. 7-8:30 p.m. at North County Government Center, 1801 Cameron Glen Drive, Reston. Reston-Herndon Branch of the American Association of University Women will host Bryan Gibson, Acting Director of Equity and Employee Relations and Title IX Coordinator for the Fairfax County Public Schools to discuss the County's administration of Title IX requirements. Email aauwreston@aauw.net or visit restonherndon-va.aauw.net.

BUSINESS DIRECTORY

WWW.CONNECTIONNEWSPAPERS.COM

CALL 703-549-0004 FOR ADVERTISING INFORMATION

LANDSCAPING A&S CONSTRUCTION SOD, Mulch, Clean-Up Leaf Removal Hauling. 703-863-7465		Good is not good, where better is expected. -Thomas Fuller		TILE / MARBLE TILE / MARBLE	
ELECTRICAL ELECTRICAL		Quality Tree Service & Landscaping Reasonable prices. Licensed & insured. Fall Cleanup... Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc. 25 years of experience – Free estimates 703-868-5358 24 Hour Emergency Tree Service			
ELECTRICAL ELECTRICAL		GUTTER GUTTER			
K & D ELECTRIC COMMERCIAL / RESIDENTIAL SERVICE Family Owned & Operated Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabling Service Upgrades Hot Tubs, etc...		GUTTER CLEANING Gutters and Downspouts Cleaned Small Repairs • Gutter Guards PINNACLE SERVICES Lic/Ins 703-802-0483 free est. email: jamie@lawnsandgutters.com web: lawnsandgutters.com Friendly Service with a Friendly Price!			
ELECTRICAL ELECTRICAL		A&S Landscaping • All Concrete work • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing 703-863-7465 LICENSED Serving All of N. Virginia			
ELECTRICAL ELECTRICAL		Sign up for FREE DIGITAL SUBSCRIPTION to any or all of our 15 papers WWW.CONNECTIONNEWSPAPERS.COM/SUBSCRIBE			
ELECTRICAL ELECTRICAL		ATTENTION ADVERTISERS: expand your audience beyond our weekly print edition with CONNECTION DIGITAL ► Email Marketing ► Social Media ► Sponsored Content FOR MORE INFORMATION CALL 703.778.9431 OR VISIT CONNECTIONNEWSPAPERS.COM/ADVERTISING			
ELECTRICAL ELECTRICAL		RN. CONTRACTORS, INC. Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates • Class A Lic Phone: 703-887-3827 E-mail: rncontractorsinc@gmail.com www.rncontractors.com			
ELECTRICAL ELECTRICAL		Patios & Drainage Your neighborhood company since 1987 703-772-0500			
ELECTRICAL ELECTRICAL		J.E.S. Services Free Estimates • Fully Licensed & Insured • Planting & Landscaping Design • Drainage & Water Problems • Concrete Driveways, Replacement or New • Patios and Walks • Masonry Work or Dry Laid • Paver, Flagstone, Brick, any style you choose • Retaining walls of all types All work Guaranteed			
ELECTRICAL ELECTRICAL		Find us on Facebook and become a fan! www.Facebook.com/connectionnewspapers CONNECTION Newspapers & Online The Connection to Your Community www.connectionnewspapers.com			

My Own Sort of Groundhog Day



By KENNETH B. LOURIE

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year's Day visit to the Emergency Room, in a diagnostic dalliance to determine what had caused an otherwise, healthy 54-and-half-year-old man, to present with such symptoms.

The Emergency Room doctor was perplexed as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history to account for the symptoms I was experiencing.

Eventually I was released and it was suggested that I return in a week, have another chest X-Ray then and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and I had no family history of anything.

Out of curiosity – or bewilderment – the doctor told me to get a CT scan, which I did, approximately two weeks later, at the earliest available time. Within a day of having been CT-scanned, I was called by the pulmonologist and advised to schedule an appointment with a thoracic surgeon, a specialty with which I was totally unfamiliar.

Two weeks or so later, at the first available time, I saw the surgeon. Equally befuddled, by his own admission, after reviewing my two X-Rays and recent CT scan, he equivocated on the next step: ordering a P.E.T. scan, which he did not – until a few days later when he changed his mind and told me to make the arrangements; which of course I did, and again, it was approximately two weeks later that an appointment was available.

After receiving the results, the thoracic surgeon called me. He said, among other things: "Your scan lit up like a Christmas tree."

Not good as I later learned. And so, a surgical biopsy was scheduled, upon availability, about two weeks later, which presumably would determine the cause of my original discomfort and confirm what all this diagnostic back and forth had been about.

Within a few days of my procedure, I received a phone call at work from my internal medicine doctor. He asked if I wanted to come to his office to discuss the results. I said "No, just tell me," figuring that a request to see him in his office meant bad news.

Sure enough, it was. He told me that the sample was malignant. Stunned by the news, I remember asking: "What does that mean?" He might have mentioned cancer, I can't recall. He instead deferred and referred me to an oncologist, actually making the appointment for me for the following Thursday, only a week later.

Nearly two months had passed since the original Jan. 1 visit to the E.R. Finally on Feb. 27, I was going to find out what's been going on – from an oncologist. And sure enough, on that following Thursday, my new-best-friend-to-be, lowered the boom: "Lung cancer."

My prognosis he said: "13 months to two years." Moreover, he advised: He "could treat me," but he "couldn't cure me." In simple terms, he told me I was "terminal."

Not that I don't already think about having cancer every minute of every day but especially so at this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the days and weeks leading up to that first appointment with my oncologist and the impact the diagnosis has had on my life.

Granted, it's nothing to laugh about, but given that I've survived so long, it's certainly something to be grateful about.

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

Reston Real Estate Market Up For 2018

BY JENNY MCCLINTOCK



Jenny McClintock

The numbers are in for 2018 and the news is good for Reston real estate. We experienced 1316 transactions in 2018, a 2 percent increase from 2017. That's on top of a 3 percent increase from 2016 to 2017. So the market has had considerable improvement in the past two years. If we compare to the 2008 market just one decade ago, home sales totaled only 934. Certainly the economic downturn was in full swing in 2008 and the numbers at an all time low.

There are a number of economic factors that affected real estate in 2018. First, interest rates have bounced around and ended the year higher than the historic lows of the past several years. As interest rates rise, buyer's purchasing power is affected and they can afford less. Second, in many price segments inventory levels are low relative to demand. In the lower price points buyers do not have many choices available and those priced at under \$500,000 will sell quickly.

In analyzing the price segments (see chart), the \$1M and over market had the biggest percent increase going from 18 sales in 2017 to 27 in 2018. Conversely, the under \$500K market experienced the biggest decrease going from 855 sales in 2017 to 827 sales in 2018. That is a strong indication that sales prices increased overall in Reston.

North Reston 20194 had the biggest volume increase, from 297 to 334 sales, a 12 percent increase. Every market segment performed better in 20194, with homes under \$500,000 experiencing the largest number of transactions at 173, a 17 percent increase from 2017.

South Reston zip code 20191 experienced a slight decline in total number of sales, from 599 to 574. However, the \$750K-\$999K market had a major increase at 35 percent up over 2017. One factor that may have contributed is the new construction luxury townhomes and condos at Sunrise Valley Dr.

20190, which includes in and around Reston Town Center, remained the same in total number of sales but also had the biggest increase in \$1M and over

Reston Annual Market Analysis Home Sales (Based on Final Closed Price):

2018 compared to 2017 and 2008					
2018 Total Sales: 1316					
Zip Code	\$1M and over	\$750K-\$999K	\$500K-\$749K	Under \$500K	Total # Sales
20190	12	23	83	290	408
20191	3	46	161	364	574
20194	12	54	95	173	334
TOTAL	27	123	339	827	1316
2017 Total Sales: 1295					
Zip Code	\$1M and over	\$750K-\$999K	\$500K-\$749K	Under \$500K	Total # Sales
20190	5	25	88	292	410
20191	3	34	136	415	586
20194	10	48	91	148	297
TOTAL	18	107	315	855	1295
2008 Total Sales: 934					
Zip Code	\$1M and over	\$750K-\$999K	\$500K-\$749K	Under \$500K	Total # Sales
20190	3	9	42	253	307
20191	1	5	91	358	455
20194	3	20	57	92	172
TOTAL	7	34	190	703	934

market segment, going from 5 sales in 2017 to 12 in 2018. Yet another indication that sales prices have increased.

As we move into the new year of 2019, there are strong indications that homes priced well and in good condition will sell for solid prices. If demand in Reston continues to remain strong relative to supply, some market segments may continue to experience price appreciation.

Home Buyers in the area can still purchase with the confidence that buying in an up market cycle frequently proves advantageous over time. Now is the time to work with a professional agent to be in your new home in 2019.

Jenny McClintock with HBC Group at Keller Williams is an active and experienced Realtor in the Northern Virginia marketplace. Jenny and her team work with sellers, buyers, investors and builders in all price ranges and is delighted to be of service. www.HBCGroupKW.com, 703-731-2412, Jenny@HBCGroupKW.com



COURTESY PHOTO

Juviannadean Mullings, Jillian Howard, Hannah Waller, Rhema Konadu sweep 55 meters at Liberty District Championship, Jan. 23, 2019.

Seahawks Set School, Meet Records

Senior Asher Levy-Myers vaulted into South Lakes High School history during Day 1 of the Liberty District Indoor Track and Field Championship Wednesday, Jan. 23 at the Prince George's Sportsplex.

Levy-Myers, who finished fourth in the pole vault last season (11-04.00), won the event and broke the school record by clearing 13-00.00. The previous mark of 13-00.00 was set by Mark Manning during the 1985-1986 season. Teammates Jonathan Luu, also a senior, (5th) and junior Caleb Miller (6th) both cleared 10-06.00.

Senior Calvin Warstler led from start to finish in winning the 3,200 meters in 9:55.36.

Junior Hannah Waller led a sweep of the 55 meter dash, winning her second consecutive title in 7.08.

Junior Rhema Konadu finished second (7.48), freshman Jillian Howard was third (7.49) and sophomore Juviannadean Mullings finished fourth (7.57). Waller also won the long jump with a Liberty District record leap of 18-05.00.

Mary Gregory, also a junior, successfully defended her title in the 500 meters with a winning time of 1:18.32. Junior

Emily Lannen was second (1:20.05).

Other notable Day 1 performances from SLHS include:

- Senior Stevie Jones, second in both the long jump (21-01.50) and 55 meters, where he ran a 6A state meet qualifying time of 6.60.

- The girls 4x800 meter relay team of senior Sophie Halkett and juniors Beth Matthews, Caitlyn Morris and Sydney Anderson finished second (10:02.48).

- Junior David Ramirez second in the 500 meters (1:11.73).

- Senior Nicole Post third in the long jump (16-00.00) and fourth in the 55 meter hurdles (9.02).

- Sophomore Molly Shapiro third in the pole vault (7-03.00, 3rd).

- Fourth-place finishes were achieved by sophomore Amelia DiBiase in the pole vault (6-09.00), junior Jackson Cooley in the 55 meters (6.74), freshman William Watson in the 55 hurdles (9.05) and the boys 4x800 meter relay team of senior Webb Nims and juniors Stephen Esse, Vincent Prudhomme and Alex Beckner (8:47.79).

Go for two!
Combine
Home & Auto

Kyle Knight Ins Agcy Inc
 Kyle Knight, Agent
 11736 Bowman Green Drive
 Reston, VA 20190

ACROSS FROM RESTON TOWN CTR.
WWW.KYLEKNIGHT.ORG
 703-435-2300

Great call! Save time and money when you combine your home and auto policies. Just another way I'm here to help life go right.®

CALL ME TODAY.

State Farm, Home Office, Bloomington, IL.

Same Company, Same Employees,
Same Great Value - Now Celebrating 20 Years!

10% down
nothing until the job
is complete for the
past 17 years

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

Free Estimates
703-214-8384

Visit our website: www.twopoorteachers.com