

# Snow Queen From South Lakes

NEWS, PAGE 8

South Lakes senior Rebecca Mattern performs Snow Queen in the Conservatory Ballet's annual production of The Nutcracker.

Diva Central  
Prom Dress  
Drive Opens  
NEWS, PAGE 3

# Three Birds Seeks Energy Education

NEWS, PAGE 3



## Casino Royale: An Evening Fit for a King!



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NEWSPAPERS

## FAITH

# To Be a Jew in the Free World!

## The challenges of freedom & identity in the modern era.

**W**hen the age of faith gave way to the age of reason and the modern world was launched, the Jewish people were profoundly affected. With the emergence of the United States and the enshrinement of religious freedom as a fundamental right of all citizens, the nature of Jewish life in the Diaspora entered a radically new era.

What does it mean to be a Jew in this age of modernity?

This February the Rohr Jewish Learning Institute (JLI) will present *To Be a Jew in the Free World! The Challenges of Freedom & Identity in the Modern Era*, it is the institute's newest six-session course.

Rabbi Fajnlund of the Jewish Learning Institute of Northern Virginia will conduct the six course sessions at 7:30 p.m., on Monday night, beginning Feb. 3, at the Chabad Community Campus, 3939 Prince William Drive, Fairfax. And 7:30 p.m. Tuesday night beginning Feb. 4, at the Hampton Inn, 435 Herndon Parkway, Herndon.

In the Shtetl, Jews believed that their Jewishness was defined by the Torah. How did the encounter with modernity affect their identity and the relevance of Jewish law? Does a full Jewish life require its adherents to turn their back on modern day liberties and try to survive in isolation?

These questions are as important to an-

swer today as they were in previous generations.

The latest sociological survey of American Jewry suggests that many Jews are trying to solve this conundrum by limiting the claims that Jewish identity makes on their lives. Yet, in some quarters, the freedom of the age has meant a freedom to discover profound meaning in a life that includes full commitment to Jewish values and teachings. Beyond the apparent conflict, is there a possibility that our new age and the ancient Jewish tradition actually bring out the best in each other?

*To Be a Jew in the Free World* explores these issues through the prism of six historical events and phenomena. What are the challenges of this new world and what are its unique opportunities?

By showing how key issues came to the fore in the past and how they were answered, and by asking questions of our own and considering what we might learn from our experience, we will discover what it means to be a Jew in a free world.

"Whether you are fascinated by Jewish history or Jewish mysticism, or whether you are seeking a fun and meaningful experience, you won't want to miss this course," said Rabbi Fajnlund the local JLI instructor.

Like all JLI programs, *To Be a Jew in the Free World* is designed to appeal to people at all levels of Jewish knowledge, including those without any prior experience or background in Jewish learning. All JLI courses are open to the public, and attendees need not be affiliated with a particular synagogue, temple, or other house of worship. Interested students may call 703-426-1980 or visit [www.myJLI.com](http://www.myJLI.com).

## FAITH NOTES

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

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

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

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**Adult Sunday school** will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

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

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

**The Baha'i community of McLean** holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students for the 2010/2011 school year. 703-938-2391 or [www.epiphanypreschool.com](http://www.epiphanypreschool.com).



## Three Birds Seeks Energy Education

Foundation seeks to assist schools with alternative energy solutions.

**W**hen Rachel Carson Middle School in stalled 11 solar panels several years ago, Joseph Plummer was inspired. After all, the students worked to raise more than \$40,000 for the installation, which gave them a hands-on chance to learn about alternative energy sources.

That led Plummer to found the Three Birds Foundation, a Herndon-based nonprofit that aims to forward alternative energy resources, particularly in low income schools.

"My sister served with Teach For America, which sends teachers to low-income school areas, and when she got back, she was talking about all these issues the students were facing, at home and at school," he said. "So I thought by focusing on those schools when it comes to alternative energy solutions would be inspiring, as well as create a sense of environmental stewardship with those students."

**RACHEL CARSON** has 11 panels, which can generate about 2.6 kilowatts. The school also has data monitoring systems that can be accessed through the school's website.

"We see Rachel Carson as a model," Plummer said. "We look at how can we replicate these successful projects. It involves finding a school's identity, building momentum, finding a champion within the school community and then raising the money."

Plummer said their next challenge is to replicate the process in low-income schools, where the access to the money might not be as easy, but there are opportunities, such as grants, that can come if the school is on board.

"I do not know of a more imaginative, powerful, and 'bottoms-up' educational initiative in the energy sector than The Three Birds Foundation," said J. Randy McGinnis, Professor of Science Education at the University of Maryland. "The focus on young learners in public schools is a smart strategy. They are the source of creative solutions to the significant problems we face in generating alternative electricity to fight global warming/climate change and to achieve sustainability."

The foundation has helped coordinate science nights and demonstrations, such as from the staff of the Children's Science Center, who are planning an interactive science museum for the area.

In addition to their work with low-income schools, Three Birds has reached out to other schools to assist them with various projects and initiatives.

Thomas Jefferson High School For Science and



PHOTO CONTRIBUTED

**The solar panels on top of Rachel Carson Middle School. The Herndon-based Three Birds Foundation is attempting to recreate the process that brought the panels to Carson with other schools and other alternative energy sources.**

**"I do not know of a more imaginative, powerful, and 'bottoms-up' educational initiative in the energy sector than The Three Birds Foundation."**

**— J. Randy McGinnis, Professor of Science Education at the University of Maryland**

Technology is another school the foundation has worked with. They have solar panels on top of their energy lab, which gives the students a chance to study the data as it comes in.

SEE ALTERNATIVE, PAGE 7



PHOTO BY JIM KIRBY

**The 12th Annual Diva Central prom dress drive kicks off on Friday, Jan. 3.**

## Diva Central Prom Dress Drive Opens

Items will be given away to Reston-area teens at March 8 prom dress giveaway event.

**T**he 12th Annual Diva Central prom dress drive kicked off on Friday, Jan. 3, when Reston Community Center started collecting dresses, shoes, jewelry, handbags, shawls and other accessories for students in the greater Reston area. Donations are tax deductible and may be dropped off daily, 9 a.m. – 5 p.m., at the Reston Community Center Hunters Woods facility through Friday, Feb. 7. All donations are appreciated but should be in good condition, no older than five-years-old (circa 2009), and should be dry cleaned before donation. If dry cleaning is not possible, please indicate at the time of drop-off. Dress donations will benefit students in Fairfax County and other surrounding areas.

Since 2003, Diva Central's mission has been to promote confidence and self-esteem by providing free prom dresses to area high school girls. Each year, RCC collects gently-used and dry-cleaned dresses at donation sites around Reston, and local sponsors donate gift certificates and other prom-related services to help the students create a truly memorable night.

This year's prom dress giveaway event is planned for Saturday, March 8, from 12 to 6 p.m. at RCC Lake Anne, 1609-A Washington Plaza in Reston. All local high school students are invited to attend and "shop"



**All local high school students are invited to attend and 'shop' for dresses, shoes and other accessories for free.**

for dresses, shoes and other accessories for free.

"Prom is an event that many teens look forward to all year, but it is also an event that can burden families with expenses for formal wear, accessories, a meal, transportation and more," said RCC Teen Program Director Kenny Burrowes. "Through Diva Central, RCC helps teens look forward to the prom night of their dreams, complete with the perfect dress and accessories, but without those costs."

For further information, or to become involved as a volunteer or sponsor, contact the RCC Teen Director at 703-390-6158 or [Kenny.Burrowes@fairfaxcounty.gov](mailto:Kenny.Burrowes@fairfaxcounty.gov).



# Reston Business Honored at Event in Centreville

The Centreville Labor Resource Center (CLRC) has been open two years now, making a huge difference in the lives of the day laborers it serves. And on Saturday, Dec. 7, those involved in the center's success celebrated its anniversary.

The Centreville Immigration Forum is responsible for the center's continuing operation, and during the ceremony, CIF President Alice Foltz presented framed certificates to several people, acknowledging their contributions to the CLRC.

Among those honored were Herndon's Ellen Cobb Church, owner and CEO of Craver Mathews Smith (CMS), and her son Adam. "Throughout her career in marketing, Ellen has dedicated herself to advancing the movements that drive social change," said Foltz. "She has crafted strategic fundraising programs from the ground up for organizations of every size – spanning the political, advocacy, environmental, humanitarian and charitable fields."

Located in Reston, CMS was founded in 1975 and purchased by



PHOTO BY BONNIE HOBBS/THE CONNECTION

(From left) are Michael Frey, Adam and Ellen Church, Alice Foltz and Sharon Bulova.

Ellen Church and her business partner in 2008. "She and her son have been strong supporters of CLRC since Ellen joined the CIF Advisory Council in 2012," said Foltz.

In 2013, explained Foltz, the

Churches "designed, produced and donated a wonderful new brochure for the center, and they are also conducting a mass-mail campaign to increase our message into the community. Special thanks to

Adam for taking responsibility to complete the writing and for all his patience with the many edits and adjustments."

— BONNIE HOBBS

## WEEK IN RESTON

### Sen. Warner, Rep. Wolf to Hold Town Hall

The Northern Virginia Technology Council (NVTC) and the Professional Services Council (PSC) announced that Sen. Mark Warner and congressman Frank Wolf will participate in a town hall forum with members of the region's technology and contracting community. During the event, Sen. Warner and Rep. Wolf will explain the budget deal and agreed-upon sequestration levels recently passed by Congress. In addition, they will discuss the impact these issues will have on the local economy.

The event is scheduled for Friday, Jan. 10, with registration and networking at 8 – 8:30 a.m. and the program with Sen. Warner and Rep. Wolf at 8:30 – 9:30 a.m.

The event will be held at Sprint, 12524 Sunrise Valley Drive in Reston.

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## OBITUARY

### Patricia Rae (Pat) Cochenour, 71, of Reston Dies

Patricia Rae (Pat) Cochenour, 71, died on Dec. 29, 2013, at her home in Reston, after a long battle with cancer. Pat was born in Washington, D.C. on Sept. 5, 1942, to Ada May (Thorowgood) Cox and the late Thomas E. Cox, Jr. She married James R. Cochenour on Aug. 20, 1980.

After graduating from Wheaton (MD) High School in 1960, Pat worked as a biological lab technician at the National Institute of Health in Bethesda, Md.

A life-long lover of animals, she bred and raised beagles for several years, winning best of breed at the Westminster Kennel Club dog show. During the 1970s and 1980s, Pat worked as a potter as a member of an artists cooperative in Herndon, Virginia.

For the past two decades, Pat's creative energies were devoted to hybridizing and growing daylilies in gardens at and near her home in Reston. She was a member of the National Capital Daylily Club and the Northern Virginia Daylily Society, and for many years developed and cared for the daylily collection at Meadowlark Gardens in Vienna, Va. Generous in time and spirit, Pat was a mentor and friend to many daylily enthusiasts. An



Patricia Rae (Pat) Cochenour

expert in the hybridization of unusual forms, Pat published internationally and received American Hemerocallis Society awards for her hybrids "Screamcicle" in 2009, "Mystic Pizza" in 2012, and "Little Lemon Twist" and "Idoo Voodoo"

in 2013.

Pat is survived by her husband, James R. Cochenour, of Reston, Va; her mother, Ada May Cox, of Sterling, Va; and her brother, William Cox, and sister-in-law, Cornelia Sears, both of Christchurch, New

Zealand.

In lieu of flowers, the family requests that donations be made to Jack's Place Animal Rescue, PO Box 5, White Plains, KY 42464. (<http://members.petfinder.com/~KY191/Donations.aspx>).



## NEWS



Kate Kretz, *Oubliette I* (detail), 2006. Human hair embroidery, convex glass, oval frame.



Rania Hassan, *Ktog*, 2009. Oil and knitting on canvas, variable dimensions.

## Traditional Needlework Exhibit at Greater Reston Arts Center

Greater Reston Arts Center is pleased to present STITCH, a group exhibition examining the growing popularity of traditional needlework and its incorporation into diverse

forms of contemporary art. The exhibition will run from Jan. 16 through March 1, at the gallery, located in Reston Town Center. Traditionally regarded as a craft or relegated to the category of "women's work," needlework—including stitching, embroidery, knitting, and crochet—has become an increasingly vital element in contemporary mixed-media compositions.

STITCH will present surprising manifestations of needlework in combination with painting, sculpture, photography, and video. Utilizing traditional fibers as well as metal thread and human hair, these artists draw, sculpt, and embellish with needlework, producing objects that explore personal narratives, family history, and gender stereotypes, among other concepts.

The show features a diverse range of contemporary artists drawn from the mid-Atlantic region, including Stephanie Booth, Orly Cogan, Suzi Fox, Rania Hassan, Kate Kretz, Pam Rogers, Erin Endicott Sheldon, and Nathan Vincent. Featured artists Kate

Kretz and Stephanie Booth both utilize human hair to stitch haunting works reflecting personal experience and family heritage. New York City-based Orly Cogan stitches, appliques, and paints on vintage linens to create complex narratives exploring the nature of contemporary femininity and relationships. Erin Endicott Sheldon also utilizes antique

linens, which she embellishes with a complex web of needlework and beads to create compelling associations. Pam Rogers stitches together actual leaves and utilizes needlework in other passages of her nature-inspired work. Rania Hassan blends needlework and painting, examining the act of knitting and its implications of communal connectedness. Suzi Fox manipulates wire thread to create conceptual works exploring materiality and exposing internal processes. Finally, Nathan Vincent challenges the concept of stitching as a feminine occupation, crocheting objects typically associated with male pursuits.

Opening Reception, Thursday, Jan. 16, 6-8 p.m. Free and open to public. For more information visit, <http://www.restonarts.org/Education/SuperStudio.htm>

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# OPINION

## Broken Promises

Virginia's mental health services system fails to serve many of those in need of its services.

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

**L**ast month the disAbility Law Center (dLCV) is sued a report on the condition of mental health services in Virginia. It is an eye-opening report: Broken Promises, the Failure of Mental Health Services in Virginia. Its findings are direct: "Despite the promises of reform to the mental health service system in the last decade, Virginia's mental health services system fails to serve many of those in need of its services."

According to dLCV, there are more than 40,000 Virginians living with serious mental illness and thousands more with less serious emotional disorders that require treatment including an estimated 130,658 children between the ages of nine and eighteen who need treatment. The dLCV which

advocates for all people with disabilities to be free from abuse, neglect, and discrimination considers the problem in part to be a misallocation of resources. As its report points out, on any given month about ten percent of residents of state hospitals continue to be hospitalized even though their treating professionals have found that they no longer need to be hospitalized. Thirty-one of the 133 individuals in such hospital placements in November, 2013, had been waiting for discharge for more than a year. The problem is that there are inadequate or non-existent facilities or programs in the community to continue services to these persons. At the same time, there were an estimated 26,990 inmates confined in local and regional jails of whom nearly



25 percent were known or suspected to be mentally ill. More than 3,500 persons in jails were diagnosed with a serious mental illness.

The dLCV maintains that funding is misdirected towards unnecessary hospitalization when funding is needed desperately for community-based crisis response services and housing options for people with mental health needs. Their position is not without controversy. Others maintain that both more hospital spaces and more community-based facilities are needed.

The tragic event surrounding the family of Senator Creigh Deeds has brought the need to the public's attention.

Outgoing Governor Bob McDonnell has proposed a more than \$50 million increase in the

budget for mental health services and has established a commission to develop a plan for mental health services in the Commonwealth. There is bipartisan support to address the issue in terms of additional funding as well as to amend existing statutes to permit persons who are a danger to themselves and to others to be held for a longer period of time until appropriate treatment is available to them.

We are past the time when we should have met the promises for reform to persons with mental health problems and their families. The 2014 session of the General Assembly must respond. You can view my interview with Colleen Miller, Executive Director of disAbility Law Center of Virginia and another interview with George Braunstein, Director of the Fairfax-Falls Church Community Services Board, both on the topic of mental health reform at <http://vimeo.com/album/1650266>.

## 2014 More Interesting Than 2013

BY JOHN LOVAAS  
RESTON IMPACT  
PRODUCER/HOST

**A**part from the Democrats' sweep of Virginia's top three executive branch jobs, 2013 wasn't a very good year. Reston's long-awaited rail service failed to make it to Wiehle Avenue on time. Not to be outdone, Supervisor Hudgins' Task Force writing Phase One of the new Comprehensive/Master Plan for life with rail in Reston also failed to arrive on time—it was due for completion in 2010! And, the Reston Association Board veered off its tracks. It failed a test of its natural areas stewardship role in a deal so lacking in merit and transparency that most of RA's own distinguished Environmental Advisory Committee resigned in protest.

2014 promises to be at least a more interesting year. In April 2014, we will celebrate the 50th anniversary of Reston's founding and the 100th birthday of Founder Robert E. Simon, Jr. Reston will commemorate both events with fitting tributes and grand celebration. A significant documentary film produced by Reston's own



INDEPENDENT  
PROGRESSIVE

Peabody Award winning film maker, Rebekah Wingert-Jabi, is now being edited by a team of talented professionals and skilled volunteers. It will premier in Reston shortly before Mr. Simon's 100th birthday. Also, a special musical composition has been commissioned to honor the twin birthdays. An additional fitting tribute would be to have Mr. Simon inaugurate rail service by being the first passenger on the first train departing the Wiehle Station. Current projections suggest that event is likely to occur on/about his birthday! 2014 might also be an interesting election year hereabouts. As all readers know, every year is an election year in Virginia. 2014 is a federal election year. Virginia will elect all 11 representatives to the U.S. Congress and one U.S. Senator. Incumbent Mark Warner has served six lackluster years, and seeks re-election to the Senate since his trial balloon for the Presidency never left the ground. Mr. Warner is a DINO—a Democrat in Name Only. That is, on issues of importance to most

Americans, he has proven to be closely akin to a traditional Republican. For example, Warner pushed the President to drop the public option from the Affordable Care Act, making it more favorable to the insurance industry. Unlike his colleague Senator Tim Kaine, Warner is a lackey of the NRA, favoring all manner of weapons of war. He opposes legislation to address climate change, opposes an urgently needed minimum wage increase, opposes taxes on the wealthy, etc, etc. So far no Democrat has raised his/her hand to challenge Warner. Former Congressman Tom Perriello, a genuine Virginia progressive Democrat, would be a great Senator. Republicans offering to run include State Delegate Bob Marshall, failed Lt. Gov. candidate E.W. Jackson, Rep. Randy Forbes, and former Repugnant Chair Ed Gillespie! No hope in the latter group. In Reston's 11th District, Democratic Rep. Gerry Connolly is again running for re-election. He is a pro-business, moderate to progressive-light Democrat, weakest on issues economic equity, like tax reform that would have the wealthy and corps. pay more. His stance on an effective minimum wage increase to \$10 is unclear. No Democrat has surfaced to challenge him. Gerald

Geddes is the only Republican expressing serious interest in challenging Connolly to date.

Happily, there is now an open seat in the 10th District. Rep. Frank Wolf is finally retiring after serving what seems forever. A conservative, but not a teabagger, Wolf has the reputation of being good on constituent services like potholes, but consistently votes with House Republicans. Three Democrats—centrist County Supervisor John Foust, second-time candidate Sam Kubba and newcomer Richard Bolger are lined up to run. No serious Republicans yet. 2014 promises to be an interesting New Year. Have a happy one!

### 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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# Promoting Alternative Energy at Area Schools

FROM PAGE 3

“The students helped raise about \$50,000 a few years ago to get the panels installed, and when Joe reached out to us, we were excited to see what they could do replicate what we did,” said Amanda Hurowitz, a social studies teacher at Thomas Jefferson, and sponsor of the school’s Environmental Impact Club. “Last year he came to speak to the students, and they were definitely inspired and wanted to find ways to help other schools do the same.”

Hurowitz said her students have started a petition online, and are working on a proposal for the school board, that would make an easy pathway for schools that wished to install solar panels.

“The work Three Birds is doing is very exciting, and it should bring a lot of educational and environmental opportunities for schools and students,” she said. “We hope the school board will eventually help create a pathway that would let schools who can raise the money bring in solar panels. Three Birds has been great at keeping students involved, because if the students aren’t interested in these projects, they’re not going to happen.”

**THE FOUNDATION** recently helped Mountain View High School in Centreville connect with the Virginia Center for Wind Energy, based at James Madison University.

“Through that connection, we’re working on a tower that will measure the wind resource the school is exposed to over the course of a year,” Plummer said. “There’s a lot of data to go through, which can be used by physics and other classes. The idea is to see if they are exposed to enough wind to justify a turbine.”

He said they’d like to bring solar and wind monitoring stations to more schools, perhaps stations that can connect to the internet to allow for monitoring, which can be used to develop a profile of the school’s energy use, such as how much energy it uses per square foot.

“Once we’re able to look at the energy usage data full time, that’s when we’ll be able to take steps to reduce usage,” he said.

More information on the Three Birds Foundation can be found at [www.threebirds.org](http://www.threebirds.org) and at [facebook.com/3birdsimpact](https://facebook.com/3birdsimpact).

— ALEX McVEIGH



PHOTO CONTRIBUTED

From left, Del. Tom Rust (R-86) and Joe Plummer, founder of the Three Birds Foundation, speak about sustainable energy solutions.



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PHOTOS CONTRIBUTED

South Lakes senior Rebecca Mattern takes a final bow in her last performance in the Conservatory Ballet's annual production of The Nutcracker.

# Sugar Plum Fairy From South Lakes

## South Lakes Senior Rebecca Mattern captivates audiences.

For the past 41 years, Conservatory Ballet dancers have ushered in the holiday season with their annual production of Tchaikovsky's The Nutcracker. This year more than 125 Northern Virginia elementary, middle and high school students filled the Center Stage's dressing rooms and wings, eagerly awaiting their cue to take the stage.

South Lakes Senior Rebecca Mattern enchanted audiences with her graceful leaps, elegant arabesques and electrifying pirouettes done in rapid succession. With eight shows in five days, Mattern's talent was showcased in several major roles including Sugar Plum Fairy, Snow Queen, Waltz Solo and Spanish Solo.

For Mattern, this was the culmination of a 12-year journey that started as a Bear, the Conservatory's entry role into the magical Nutcracker world.

It also ignited a passion for ballet that under the watchful eye of Artistic Director Julia Redick, has provided Mattern with opportunities to grow as an artist. She has appeared at the Kennedy Center with the Mariinsky and New York City ballets. She has also twice attended the Boston Ballet's summer intensive course, a pre-professional program in New York City and for the past four years has been selected to participate in the Kennedy Center's Master Class series.

With upcoming auditions for dance programs at Virginia Commonwealth University, Butler and University of North Carolina and for training programs at professional ballet companies in Orlando, Houston and Richmond, Mattern is keeping ballet prominent in her plans after this June's graduation from South Lakes High School.



With breathtaking elegance, South Lakes senior Rebecca Mattern performs Snow Queen in the Conservatory Ballet's annual production of The Nutcracker.

## ENTERTAINMENT

Send announcements to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com). The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

**WEDNESDAY/JAN. 8 - SUNDAY/JAN. 12**  
**30 Years-30 Artists.** ArtSpace Herndon, 750 Center Street, Herndon. Includes prints from 30 current and former artists representing Discover Graphics Atelier over the past 30 years.

**SATURDAY/JAN. 11**  
**Reston Contra Dance.** 7:15-10:45 p.m. Reston Community Center, 2310 Colts Neck Rd., Reston. Ann Fallon calls contra and square dances to the music of the June Apple Band. 703-476-4500. Admission: \$9 (workshop free). Partner and experience not necessary.

**TUESDAY-SUNDAY/ JAN. 14-MARCH 2**  
**Something Blue.** ArtSpace Herndon, 750 Center Street, Herndon. Fine textile art is showcased in Something Blue by the Northern Virginia Quilters. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**WEDNESDAY/ JAN. 15- FEB. 19**  
**Art Explorers.** 10:30-11:30 a.m., ArtSpace Herndon, 750 Center Street, Herndon. Three sessions allow for a more in-depth introduction to the key concepts and will provide some good homework suggestions to help start and develop a habit of sketching. \$200. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**SATURDAY/ JAN. 18**  
**ArtSpace Open Mic.** 7 p.m., ArtSpace Herndon, 750 Center Street, Herndon. Join for an evening of entertainment and refreshments; singers, dancers, actors, musicians, and poets of all ages are encouraged to perform. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

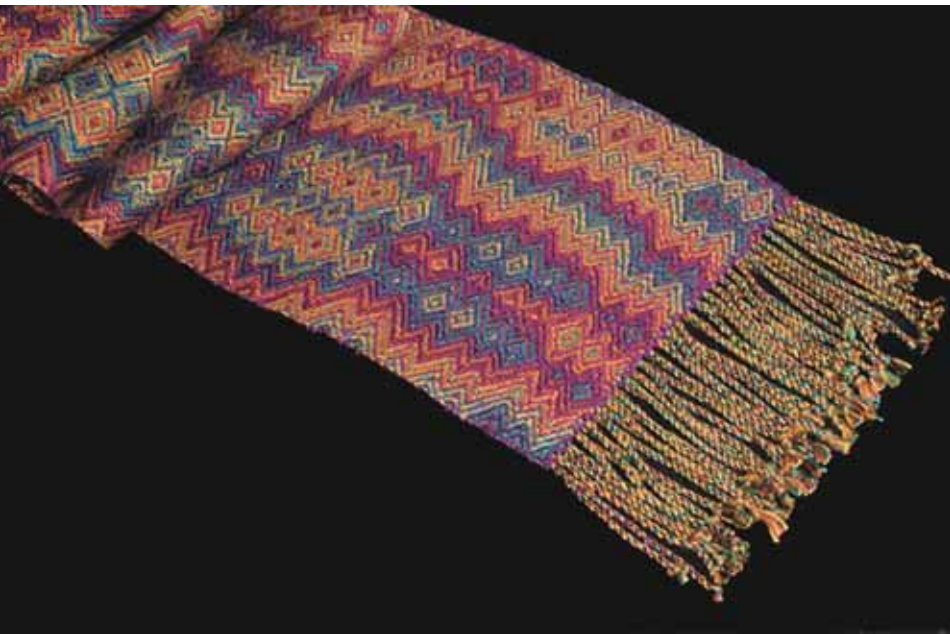
**TUESDAY/ JAN. 21**  
**Third Tuesdays: Design and Wine.**

7-9 p.m., ArtSpace Herndon, 750 Center Street, Herndon. Sangria and Silk, with guest artist Marilyn Harrington will show participants how to paint scarves. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).  
**The Folk Club of Reston-Herndon.** 7:15 p.m. Amphora Diner Deluxe, 1151 Elden St, Herndon. The genius of a Dana and Susan Robinson performance lies in their ability to capture the imagination of their audience, evoking a transformative experience that touches on the deepest humanity. They can make the audience howl with laughter or hush with poignant reflection as they take them on a journey across America and convey the mystery and wonder of the places they visit. \$11 Members, \$12 non-members. [jamessue@aol.com](mailto:jamessue@aol.com) or <http://www.restonherndonfolkclub.com/>

**SUNDAY/ JAN. 26**  
**Something Blue Opening Reception.** 4-6 p.m., ArtSpace Herndon, 750 Center Street, Herndon. This exhibit showcases fine textile art and is a sampling of blue varietals as used by Northern Virginia Quilters. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

**ONGOING**  
**League of Reston Featured Artists Exhibit.** Every Monday-Friday through Dec. 31, 8:30 a.m.-5 p.m., the Reston Association office, 12001 Sunrise Valley Drive, Reston. The League of Reston Artists invites art lovers to a series of rotating painting and photography exhibits featuring a new artist each month. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org).

**SUNDAY, JAN. 19**  
**Sweet Honey In The Rock.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Five women provide unique perspective in their traditional gospel hymns, rap, reggae,



African chants, hip hop, ancient lullabies and jazz improvisation; with sign language interpretation. \$25 Reston/\$50 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, MARCH 9**  
**Rennie Harris' RHAW** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. RHAW will showcase Dr. Rennie Harris' newest and brightest street dancers as they bring hip hop back to basics. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**WEDNESDAY, MARCH 12**  
**Lúnasa.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. This group of Irishmen continues its 20-year tradition of famed Celtic music. \$20 Reston/\$40 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, APRIL 6**  
**Mr. Vaudeville and Friends with Mark Brutsché.** 3 p.m., at The

Centerstage, Reston Community Center Hunters Woods. Buddy Silver, and alter-ego Mark Brutsché, returns to to prove, once again, that nothing can take the place of live entertainment. \$5 Reston/\$10 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, APRIL 27**  
**Trout Fishing in America.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. This Grammy Award nominated duo's infectious mix of folk/pop and family music is enriched by the diverse influences of reggae, Latin, blues, jazz and classical music. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**WEDNESDAY/MAY 28**  
**Modern Moves, in partnership with Dance Place.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Three of D.C.'s most prominent choreographers – Daniel Burkholder, Daniel Phoenix Singh and Erica Rebollar – come together to create an eclectic evening of thrilling modern dance. \$15

Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SATURDAY/MAY 31**  
**Raul Midón.** 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. Blind since infancy, Midón uses his songwriting and musical talents to shatter stereotypes while establishing himself as one of music's most distinctive and searching voices. \$20 Reston/\$40 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

**SUNDAY, JUNE 8**  
**SpeakeasyDC's Born This Way: Stories About Queer Culture in America.** 3 p.m., at The Centerstage, Reston Community Center Hunters Woods. One of the region's premiere storytelling theatres presents an adults only afternoon of entertaining and thought-provoking true stories that showcase a range of perspectives from the Lesbian, Gay, Bisexual and Transgendered (LGBT) community. \$15 Reston/\$30 Non-Reston. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) or 703-476-4500.

### BULLETIN BOARD

To have community events listed in the Connection, send to [reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com) by the Friday prior to the following week's paper.

#### THURSDAY/ JAN. 9

**Home Food Preservation.** 7:30-8:30 p.m., Walker Nature Center, 11450 Glade Drive, Reston. Learn about the science behind food preservation, safety precautions, kitchen set up, and jar and equipment prep as well as food and recipe selection. Reston Association members: \$7; Non-members: \$9. [naturecenter@reston.org](mailto:naturecenter@reston.org), or 703-476-9689.

#### MONDAY/ JAN. 13

**White Winter.** 10-11 a.m., Walker Nature Center, 11450 Glade Drive, Reston. Decorate winter pictures, make a snowman that will not melt, look for ice, and spread a layer of "frost" over some cookies. Child Reston Association members: \$7; Child Non-members: \$9. [naturecenter@reston.org](mailto:naturecenter@reston.org), or 703-476-9689.

#### TUESDAY, JAN. 14 .

**Meditation, a New Year's Resolution Worth Keeping.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. Long-time meditator Gerry Gorman will lead this workshop offering effective techniques to help you make your dreams of inner peace a reality. Free. Call 703-689-2700 or visit <http://www.fairfaxcounty.gov/library/>.

#### WEDNESDAY/ JAN. 15

**Full Moon Meander.** 6-7 p.m., Walker Nature

Center, 11450 Glade Drive, Reston. Find out how the moon moves, what happens during the phases of the moon, and how the moon affects our wildlife on a moonlight walk; refreshments included. Reston Association members: \$7; Non-members: \$9. [naturecenter@reston.org](mailto:naturecenter@reston.org), or 703-476-9689.

#### THURSDAY, JAN. 16

**Understanding the Affordable Care Act.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Dr., Reston. A representative from Northern Virginia Family Services will explain how the Affordable Care Act works in Virginia, how to enroll, and what financial assistance is available. Free. Call 703-689-2700 or visit [www.fairfaxcounty.gov/library/](http://www.fairfaxcounty.gov/library/).

**Women's Club of Greater Reston Meeting.** 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. Jessi Toye, board-certified Life Coach and Food for Life Instructor for the Physician's Committee for Responsible Medicine, will talk about nutrition and do a live cooking demonstration. Free.

#### FRIDAY/JAN. 17

**Herndon Historical Society.** 7:30 p.m., Herndon Depot, 717 Lynn Street. Featuring Mary Lipsey of the Fairfax County History Commission, who will discuss the county's historic cemeteries and what is being done to preserve them. 703-437-7289. Free and open to the public.

Learn how to paint a silk scarf with artist, Marilyn Harrington, at ArtSpace Herndon's Design and Wine Event on Tuesday, Jan. 21.

## CALL FOR BOARD CANDIDATES

### 2014 Reston Association Board of Directors

## Interested in guiding the direction of the Reston community?

Then consider running for the Reston Association Board of Directors.

## Three seats will be open in the spring:

- Hunters Woods/Dogwood District Director for a three year term
- At-Large Director for a one year term
- At-Large Director for a three year term
- Apartment Owners Representative for a three year term

## To qualify you must:

- Be a member of the Reston Association – either a residential renter or property owner
- Complete a statement and a Petition of Candidacy
- If you run for a district seat, you must live in that district

Forms must be filed by 5 p.m., Jan. 31, 2014. Candidacy Forms and other election information can be found online at [www.reston.org](http://www.reston.org).

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

Details or questions: e-mail [electionscommittee@reston.org](mailto:electionscommittee@reston.org) or call 703-435-6512.



[www.reston.org](http://www.reston.org)

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**9:00 a.m.** Holy Eucharist, Rite II  
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Music: grades 3 - 7  
**10:25 a.m.** Sunday School Grades 3 to 12  
Music 4 years to 2nd grade  
**11:15 a.m.** Holy Eucharist, Rite II  
**5:00 p.m.** Come Just as You Are Contemporary Service  
  
Nursery care provided at 9:00 a.m. service  
  
The Rev. James Papile, Rector  
The Rev. Laura Cochran  
**703-437-6530**  
[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston

#### African Methodist Episcopal

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#### Assembly of God

Word of Life...571-223-2963

Worship Center Assembly of God...703-777-5662

#### Baha'i

Baha'is...1-800-22-UNITE

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Believers Baptist Church...703-777-4220

Crossroads Baptist Church...703-779-3637

Faith Bible...703-430-1345

First Baptist Church of Sterling...703-430-3322

Guilford Baptist...703-430-6444

Heritage Baptist Church...703-739-5436

Leesburg Baptist Church...703-777-2209

Loudoun Baptist Church...703-777-1336

Oak Grove Baptist Church...703-456-4360

Potomac Baptist Church...703-430-2377

Sterling Park Baptist Church...703-430-2527

Washington Plaza Baptist Church...703-471-5225

#### Catholic

Christ The Redeemer...703-430-0811

Our Lady of Hope...703-430-5702

St. John the Apostle...703-777-1317

St. Joseph's...703-880-4300

St. Theresa...703-729-2287

St. Veronica...703-689-1409

#### Church of Jesus Christ of Latter-Day Saints

Algonkian Ward...703-471-6146

Ashburn Ward...703-858-5611

Brambleton Ward...703-858-5611

Goose Creek Ward...703-858-5604

Shenandoah Singles Ward...703-777-1336

Sterling Park Ward...703-471-6147

#### Church of the Nazarene

Church of the Nazarene...703-777-6850

#### Episcopal

Church of the Holy Spirit...703-726-0777

Potomac Falls Episcopal Church...703-404-0900

St. James Episcopal Church...703-729-1288

St. Matthew's Episcopal Church...703-777-1124

St. David's Episcopal...703-430-2121

St. Timothy's Episcopal Church...703-437-3790

St. Gabriel's Episcopal Church...703-779-3616

#### Evangelical

Christ Community...703-729-2928

#### Jewish

Beth Chaverim Reform Congregation...703-391-8669

Congregation Sha'are Shalom ...703-737-6500

#### Lutheran

Christ Our Savior Lutheran Church...703-444-5747

Community Lutheran Church...703-430-6006

Holy Trinity Lutheran...703-777-4912

Our Savior's Way Lutheran...703-858-9254

#### Methodist

Ashburn United Methodist...703-729-5100

#### Unitarian

The Unitarian Universalist Church in Reston...703-956-9155

Bethel United Methodist...703-779-7745

Evergreen Church...703-737-7700

Galilee United Methodist Church...703-430-2203

Leesburg United Methodist...703-777-2056

Mt. Pleasant United Methodist...703-777-7745

Mt. Zion United Methodist...703-777-6382

Sterling United Methodist Church...703-430-6455

#### Non-Denominational

Broadlands Community...703-724-0361

Christ Star Church of God...571-375-2602

Christian Tabernacle Church...703-858-1863

Daybreak Community...703-729-1288

Dulles Covenant...703-327-9797

Grace Bible Church...703-777-9415

New Life Church...703-404-4792

New Life Christian Church...703-222-8836

Shepherd Gate Church...703-961-1040

Sonrise Community Church...703-728-0420

Sterling Park Christian Church...703-437-3612

#### Pentecostal

New Life Praise and Deliverance Church...703-777-5339

#### Presbyterian

Ashburn Presbyterian...703-729-2012

Bethel Presbyterian Church...703-777-4221

Faith Chapel and Furnace Mountain Presbyterian...703-777-7836

Leesburg Presbyterian Church...703-777-4163

Potomac Hills Community Church...703-771-1534

Reston Presbyterian Church...703-759-5515

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#### Seventh Day Adventist

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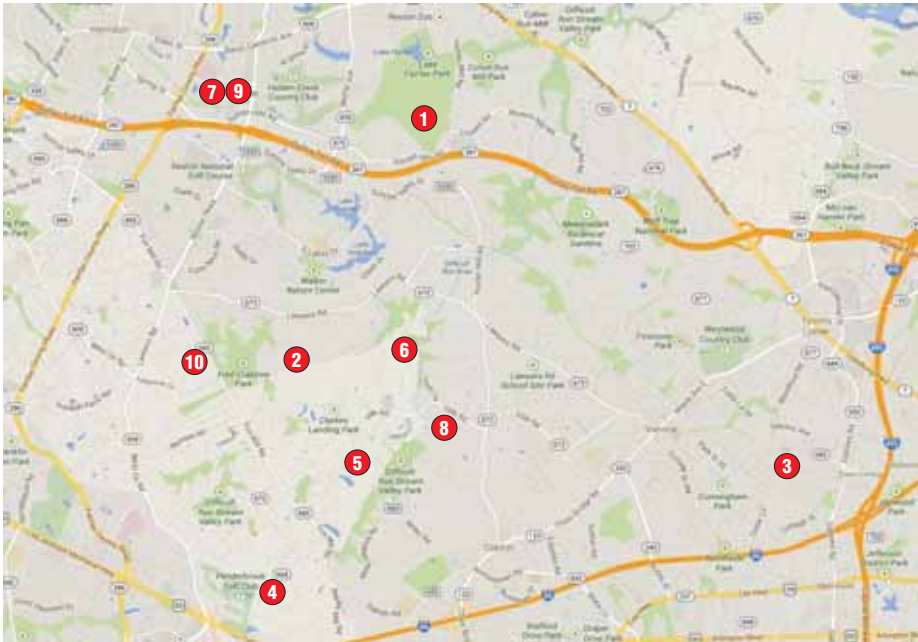
Unitarian Universalist Church of Reston...703-742-7392





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## Lower Level Offers Multi-generational Solution

Remodeling a dark basement gives family spaces for grandparents on extended visits and play room for everyone.

By JOHN W. BYRD

**E**ric and Tina Park, both physicians, were already quite busy 10 years ago when they purchased a 3,400 square foot two-level neo-Colonial near McLean.

Among other responsibilities, Eric Park is medical director of a local hospital; Tina Park has a bustling private practice. On occasion professional duties could stretch into the wee hours.

But blessed events have a way of changing basic assumptions for the better. In 2007, the couple's first daughter was born; a second daughter followed four years later.

Suddenly, active lives became still more fulfilling... and even busier.

"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 we were only using it for storage. It wasn't until my mother began regularly helping us with the girls that we started looking at the house more closely."

Kay, Tina Park's mother, still lives mostly in Alabama with Park's father, Kon, also a physician. But in



PHOTOS BY BRYAN BUREIS PHOTOGRAPHY

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

### Details

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm recently opened a second office in McLean. Call 703-425-5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com)

recent years the couple now in their mid-60s has been evaluating retirement options.

"Mom started coming for extended visits when our second daughter was born in 2009," Park said. "At first she would stay in the guest room, but gradually we all started looking at ways to increase available privacy."

It was in this phase that thoughts of a more accommodating family home turned again to the nearly 2,000-square-foot, unfinished lower level. Among other factors, the space boasts a ground-level course of windows and private rear entrance. Beyond these assets, however, the Parks considered the basement's suitability for mainstream living a little unclear.

"It's mostly below-grade," Park said. "We weren't sure about air circulation or possible moisture build up. Using the lower level occasionally is entirely different matter from setting up a master suite for your parents, so we had a lot of concerns."

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

"We had visited one of their remodeled homes, even attended a seminar," Park said. "The question for us was to what extent a room that is partly below-grade could satisfy the whole family's requirements."

Sun Design's interior designer Liz Lee said, "A basement conversion is challenging — especially when it's going to be mainstreamed with the rest of the house. In this case, we had to specify an appropriately-sized dehumidifier, and find a suitable location for a return air grill. Comfort and air quality are always critical to a successful lower level solution."

With several performance con-



The master bathroom is finished with espresso-colored maple wood cabinet facings, a floor-to-ceiling glass-facings linen closet and a vanity with granite surfaces. The spacious walk-in shower features a "rain" showerhead, a handheld sprayer and built-in cubbies.

cerns resolved, attention next turned to configuring the space.

For Kay, the top priority was a suite with all the features of independent living, including:

- ❖ A comfortable master bedroom suite with large closets.
- ❖ A dedicated master bath with textured finishes and a spacious walk-in shower.
- ❖ A fully functional kitchenette with a dining counter suitable for four.
- ❖ A private entrance.
- ❖ A dining alcove with a table for four where Kay could also host bridge games with friends.

**TO KEEP THE FAMILY** fit, the Parks envisioned a 195-square-foot gym with a treadmill ensconced behind a pair of frosted glass doors.

A family gathering area at the foot of the stairs would be subdivided by a counter and "built-ins" custom-designed for children's toys.

Nearby: a family entertainment zone equipped with flat screen TV,

surround sound and a karaoke machine.

Not coincidentally, all activity areas are just a few strides from the well-equipped kitchenette.

To gain uncluttered sightlines, Sun Design executed a few structural changes. The L-shaped stairway entrance was widened while preserving a necessary I-beam. Plumbing and ducting were re-routed.

"We didn't want the space to feel like a basement in any sense," Park said. "Fortunately, Liz Lee really understood our vision."

Describing the desired décor as "modern Asian contemporary," Park stressed simple lines, soft tones and visual continuum.

"My mother had very specific ideas that even included elements of Feng Shui," Park said. "She and Liz collaborated directly on most of the finish work details."

Along these lines, Kay's Korean-styled headboard faces southeast — towards a set of sliding Shoji screens that conceal closet space

SEE REMODELING, PAGE 15

## TWO POOR TEACHERS

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# Top Designs of 2013

**Local builders look back on their most impressive spaces.**

BY MARILYN CAMPBELL  
THE CONNECTION

From outdoor patios with the comforts of indoor family rooms to a stark white bathroom replete with Carrara marble flooring, local designers said they've created some spectacular living spaces in 2013. Their personal favorites may be surprising, and include a lot of kitchens and bathrooms.

**GUY SEMMES**, of Hopkins & Porter Construction, Inc. in Potomac, named a whole house renovation that resulted in a clean, modern space as one of his company's top jobs. The remodel included a white kitchen with stainless steel appliances.

"It used to be a galley kitchen

and we added an 8-by-10-foot addition to make it larger," said Semmes. "The owner wanted to make things accessible with open shelves, rather than hiding them with cabinetry."

The master bathroom, also white, has Carrara marble tile floors, his and her sinks and a renovated claw foot tub that was reglazed and painted black.

"Everything [else] about the project is white," said Semmes. "That is an influence of the owner. She picked a lot of the tiles and fixtures."

The house also has a children's bathroom that features a playful, colored tile shower stall, a floating vanity and walk-in closet. "The architect, Kai Tong, has a modern flavor, which tied in well with the homeowner's style," said Semmes.

Semmes says remodeling a 1960s Bethesda home is also among his company's top projects for 2013. "The fireplace was in the living room and the kitchen was half the size it is now," he said. "We gutted the house. We opened up the wall going into the den and added a first floor powder room."

Maple cabinetry in a light, natural finish now hangs in the new kitchen. "There are also marble countertops in grey and tan with a little bit of color like red and green for interest," he said.

**MCLEAN-BASED** Joshua E. Baker, founder and cochairman of BOWA Builders, Inc. names two condominium projects as his company's best.

"As some of our clients are moving in closer to the city and sizing down, they're looking to bring with them the luxury and residential feel of their single family homes," said Baker. "Projects range from pull-and-replace kitchens to remodeled master suites to whole-unit renovations."

For example, the kitchen of an Arlington condominium includes a custom-designed range hood that was built on site, and a space in Chevy Chase, Md., features intricate woodwork. Baker says these rank among his company's chicest spaces.

"The [Chevy Chase] project really shows how a simple, boring condo hallway can be transformed



PHOTO COURTESY OF CASE DESIGN/REMODELING, INC.

**Bill Millholland, executive vice president of Case Design/Remodeling, Inc. says this McLean kitchen renovation by Allie Mann and Steve Scholl of Case Design/Remodeling is one of his company's top 2013 projects. "The scale of the kitchen as well as its crisp, all-white, transitional look and high-end finishes make it a standout project."**

into a beautiful, customized gallery," said Baker. "Custom woodwork in the walls and built-ins ... in the hallways maximize space."

**KEN NIES**, owner and cofounder of Two Poor Teachers in Reston, says an Arlington bathroom remodel ranks as his company's top project. His crew installed, "floor-to-ceiling glass tile that went from dark to lighter, and incorporated 'wood tile' (tile that resembles

hardwood) for a rustic feel," Nies explained. "[The space] was modernized with LED lights. The shower is a steam unit that was enclosed with a frameless glass pivot door. A Jacuzzi tub and pendant lighting spruced it up even further."

**JOE STARKEY**, of Old Town Kitchen and Bath in Alexandria, also gives an Arlington space the top honor. "We had many projects throughout 2013, but the one that comes to mind was a kitchen on Washington Boulevard in Arlington," he said. "By expanding slightly into an adjacent area, we managed to turn a dated, awkward kitchen and miniature powder room into fully functional, comfortable, useable, family-friendly area."

Starkey said that the homeowners have children and trying to prepare meals had become difficult. "By completing the redesign, we were able to make a genuine improvement to someone's life," he said. "That makes for a memorable job."

**BILL MILLHOLLAND**, executive vice president of Case Design/Remodeling, with offices in Bethesda and Falls Church, said there are three projects that he considers among his company's best work of 2013.

He gives a nod to a McLean renovation by Allie Mann and Steve Scholl: "This project involved the total renovation of a kitchen, including opening it to the family room and breakfast room, as well as creating a mudroom," he said. "The scale of the kitchen as well as its crisp, all-white, transitional look and high-end finishes make it a standout project."

Also noteworthy, said Millholland, is a Falls Church project by Jim Wrenn. The own

SEE DESIGNS, PAGE 15

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# SPORTS



CONNECTION FILE PHOTO

**Oakton girls' basketball coach Fred Priester speaks to the Cougars in a game during the 2012-13 season.**

## Oakton Girls' Basketball Starts 11-0

**T**he Oakton girls' basketball team went undefeated during the 2013 portion of its schedule, capped by winning the Cassel's Cougar Classic.

On Jan. 4, Oakton's winning ways carried into the New Year.

Oakton defeated Yorktown 85-41 to improve to 11-0. The Cougars have won each game by at least 13 points and defeated seven opponents by at least 39.

"The biggest key to our start has been the team mentality," Oakton head coach Fred Priester wrote in an email. "We have a great group of players and they have worked hard to improve their skills and they are committed to playing together— sharing the ball – and making any contribution that they can for the success of the team."

Oakton's most experienced players are: junior guard Karlie Cronin ("[she] does everything on the floor and creates great energy and excitement," Priester wrote), senior guard Jazmine Carter ("[she]

works her heart out on defense wherever she is asked to play"), junior guard Lindsey Abed ("[she] plays with great understanding") and sophomore guard Alex Marquis ("[she] is directing our offense and attacking the basket"). Freshman Alisha Sheppard "is providing offensive pop as she increases her understanding of the game."

During the Cougar Classic, Oakton de-

feated Stone Ridge (Maryland) 79-26, Garfield 72-29 and Loudoun County 87-41.

"We played very well in the holiday tournament," Priester wrote. "... Conference play looms ahead with tighter games and greater competition so we must continue to work on execution in order to be successful. I know that our effort level will remain high. That is a given. These kids play hard."

Cronin, Marquis and Sheppard made the all-tournament team. Each is averaging double figures in scoring and Cronin leads the team in steals and assists. Abed is averaging 9.3 points per game.

Oakton had its streak of eight consecutive district championships snapped last

year by Centreville. The Cougars finished district runner-up before losing to South Lakes in the region semifinals, falling one win shy of the state tournament.

Oakton will open conference play on Jan. 10 at Westfield.

"Centreville is the defending champ of the

Concorde and returns everyone and so [it] is definitely the favorite and Chantilly, Westfield and Robinson all have strong squads," Priester wrote. "We will need to continue to work hard in order to be successful in the second half of the season. I have confidence in our team's work ethic and effort – so I am hopeful that we can build on our strong start."

**"We have a great group of players and they have worked hard to improve their skills and they are committed to playing together— sharing the ball – and making any contribution that they can for the success of the team."**

**— Oakton head coach Fred Priester**

### SPORTS BRIEFS

## Heavily Depleted Langley Ice Hockey Team Falls to Oakton

The Langley Saxon Icers fell for the first time this season to Oakton in the late game on Jan. 3 at Skatequest.

Although Friday was part of Langley's holiday break and the Saxons were missing all three goalies and several skaters, the league refused to reschedule the game. Oakton was able to dress their full squad and goalie.

Chris Lane stepped up to the challenge for Langley, donned the goalie gear and admirably stood between the pipes. Langley notched the first three goals of the game with tallies from Drew Schneider, Kal Fernlund and Michael Cox, but a late penalty in the period allowed Oakton to capitalize and they added two more to close the opening frame tied at 3.

Each team potted two goals in the second with Lane stopping 10 of the shots he faced in the period and Oakton's goalie stopping none. Langley's grinder players: Charlie Eisner, Hannah Hanuschak, Sam Leighton and Owen Westerheim saw significant ice time and were key to keeping Langley in the game as they skated into the third.

After giving up a goal to fall behind in the third period, Faisal Alsaif completed his hat trick to tie the game and Schneider scored his second to put Langley ahead where they remained until the 4-minute mark. The Saxons ran out of

steam and allowed a flurry of late goals much to the joy of the Oakton Hecklers Gallery, who repeatedly chanted "Conor, Conor, Conor" to the amusement of the entire Langley squad. Apparently the heckler gallery mistakenly thought Conor Maddry was between the pipes even though he has been out with an injury all season.

The Saxons will face Westfield/Heritage on Jan. 10 at Skatequest at 7:55 p.m.

## Langley, McLean Ice Hockey Skate to 6-All Tie

The Langley Saxons remained unbeaten with a 6-6 tie against rival McLean on Dec. 6. Although the Saxons outshot McLean 25-15 and scored in the first 20 seconds, they were unable to hold onto a slim lead in the third. McLean went ahead after two quick goals, but Langley knotted the game at 6 where it remained for the final 5 minutes of the tilt.

The game got physical early with big hits by assistant captain Will Clemson and Shane Clayton. Saxon captain Drew Schneider continued his strong performance with another hat-trick followed by two goals from Lafuria and a single from Guidi. The first place Saxons kept their bench tight due to the closeness of the score, but Coach Little ensured ice time to all the skaters. First year icers Hanuschak, Westerheim, Eisner and Leighton continued to show their mettle for the team.

### SPORTS ROUNDUPS

## South Lakes Wins 2 at Holiday Tournament

The South Lakes boys' basketball team wrapped up 2013 with a 64-48 win over Annandale on the final day of Wakefield's holiday tournament on Dec. 28.

South Lakes opened the tournament with a 61-48 loss to Centreville before losing to Wakefield 71-48. The Seahawks bounced back with the win over Annandale, improving their record to 4-5. South Lakes has won four of six since starting 0-3.

"[I'm] very happy with the way several players played and competed – Brandon [Kamga], Dre Puryear and Tyler Liboro," South Lakes head coach Andrew Duggan wrote in an email. "Team responded well after the Wakefield loss [by beating] Annandale. Good effort at the defensive end of the floor; good job with 50/50 balls and hustle plays."

Kamga leads South Lakes in scoring at 19 points per game. Puryear is averaging 11 points per contest.

South Lakes will host Madison at 7:30

p.m. on Jan. 10.

"I like the way we have played most of the time," Duggan wrote. "I believe we have prepared our kids with the schedule we have faced (and will face) as we approach conference play and the end-of-the-season conference tournament. While we have struggled at times, it has provided good lessons for all of us. Improvement – we must be able to finish plays and become a better defensive team if we plan on having success in the post season – we have gotten better, but we still have room for improvement."

## Adult Softball Teams Wanted

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## Living With My Decisions

By KENNETH B. LOURIE



On multiple occasions throughout my nearly five years of being treated for stage IV, non-small cell lung cancer, my oncologist has given me opportunities to stop and/or take a break from my treatment, or to consider alternatives to the normal protocols – for the expressed (literally) purpose of sustaining/enhancing the unexpected, above-average quality of life I have mostly experienced during my nearly non-stop, every three-week chemotherapy infusions which began in early March, 2009. The goal began to enable me to enjoy my life and not be subjected to/beaten down by the ravaging and debilitating effects of chemotherapy.

As many of you probably know, chemotherapy is hardly a cure for what cancer ails you; in many cases, it is the last line of a faltering defense against the indefensible: a terminal prognosis. When your oncologist characterizes you as “terminal,” and gives you “13 months to two years” to live, the presumptions, the logic, the understanding is that whatever treatment you endure is not likely to save your life. Stage IV means inoperable, incurable (though “treatable”); words which are not used indiscriminately. They are used, as is the “stage,” to define a set of medical conditions that are extremely serious and based on the most current and best-known medical knowledge available at the time, and are not likely to result in a happy ending. As I’ve said previously, “being called ‘terminal’ is all it’s cracked up to be.”

In spite of everything – all the discouraging words, all the chemotherapy, all the varying lab work (good and bad) and miscellaneous results from CT Scans, MRIs and the occasional bone scan and X-Ray – I have managed to outlive the original prognosis offered by my oncologist. My body has held up to the rigors of chemotherapy (I’ve never been a candidate for radiation as my tumors are too numerous and too spread out for the targeting strategy to benefit me, if I understand the process clearly) amazingly well. Still, there are limits of effectiveness. Your body can only take so much before it begins to work against you.

Nevertheless, when offered a respite from treatment and given an opportunity to live life to the fullest and enjoy what time I have remaining – not hooked up to an I.V. – I have always opted to continue treatment. Regardless of the oncologist’s motivation in suggesting these breaks (though they are discussions we have together; it’s hardly unilateral, one way or the other), it’s always felt to me as if I were giving up and/or giving in. Diagnosis-to-date/treatment-to-date, it’s never appealed to me. In retrospect, I imagine I was being naive to think that my overall very manageable quality of life as a lung cancer patient/survivor would/will continue, so why stop now when the worst-case scenario seems to be have been/is a bit overstated? I don’t know if that’s hubris on my part, stupidity or wishful thinking (certainly that), but my feeling is that if I think I’m going to die, I probably will (sooner rather than later is what I mean). And not that this whole strategy of mine has been about trying to out-think cancer by being positive and optimistic; hardly. But I will admit this: given my current alive-and-reasonably-well status, I wouldn’t say it’s worked against me.

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

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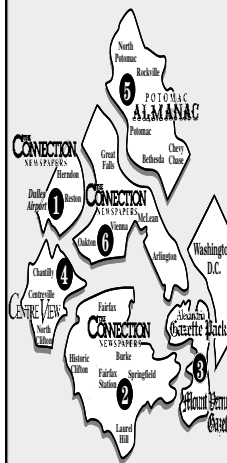
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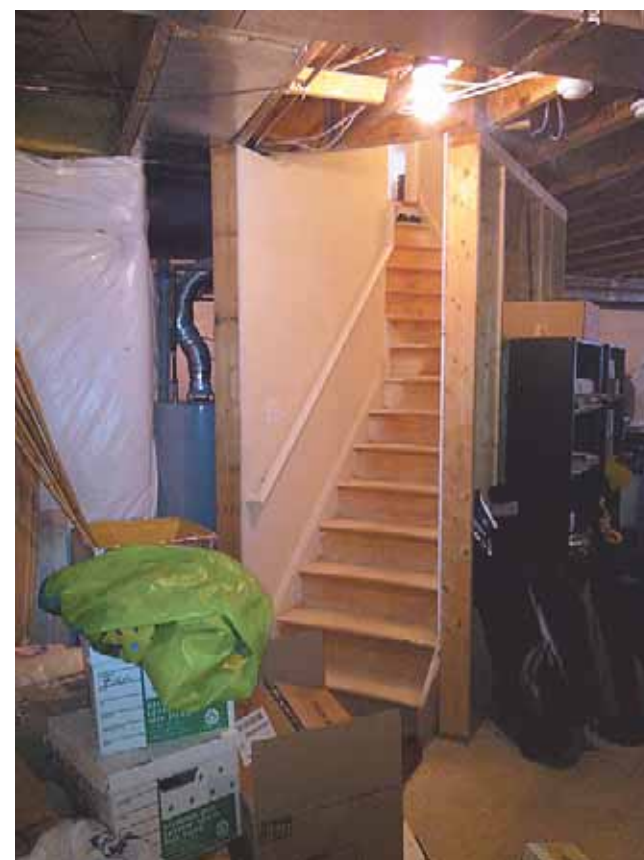
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**BEFORE: For nearly a decade, the Park's 2,000 square foot basement has mainly served as storage. Tina Park describes it as "dungeon-like," a perception reinforced by the narrow L-shaped access stairway.**

PHOTO BY  
BRYAN BURRIS PHOTOGRAPHY



## Remodeling

FROM PAGE 11

and other personal effects. The master bathroom is finished in espresso-colored maple wood cabinet facings, a floor-to-ceiling glass-facing linen closet and a vanity with granite surface.

While the 150-square-foot kitchenette and dining counter provides everything needed for food preparation and clean-up, it blends with other elements in an open, yet cleverly-zoned great room.

Walnut cabinet facings, marble surfaces and a tile backsplash present a pleasing con-

trast to the eggshell white walls and random-width pine flooring. Ceiling level bulkheads and tapered columns define key activity zones.

Recessed lights and three dangling pendant lamps provide regulated illumination and appropriate aesthetic accents. To eliminate cooking aromas, the kitchenette is even equipped with concealed ventilation fans.

"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."

## Designs

FROM PAGE 12

ers wanted to improve their home's layout and add amenities such as a wine cellar. "This project involved several additions, including digging out a basement to add a wine room [with] a staircase up to a new exercise area, screened porch and patio," said Millholland. "The renovations also include a reoriented staircase leading from the family room to the upper level bedrooms, including a new master suite."

A condominium renovation by Valery Tessier that included both a kitchen remodel and a new master bathroom is also among the most impressive spaces completed by Case in 2013 says Millholland. "The contrast of the rich espresso cabinet stain with the cool palette of the countertop, backsplash and walls is very soothing, but gives an edge to this kitchen," said Tessier. "The galley layout with the peninsula offers multiple work areas and the open shelves lighten up the corner."

**BETH WALTERS**, spokeswoman for Sun Design, Inc., which has offices in Fairfax County, listed projects in Vienna, Great Falls

and Oak Hill as the company's best for 2013.

In Vienna, a construction project tied a home's indoor entertainment space with the outdoors. The new space includes a rear, screened porch with a pizza oven, lounge and dining areas. Tile flooring, recessed lighting, pendant lighting, a chandelier, a tray ceiling with handcrafted wood trim and an outdoor surround sound give this outdoor space the feel of a cozy family room.

In Oak Hill, a kitchen renovation created an open floor plan that allows the cook to move freely while guests relax at an expansive, triangular center island. The kitchen includes a coffered, wave accent tile featuring both Carrara mosaic tiling and black marble borders over the range, two full-sized refrigerators in the kitchen, one hidden behind cherry wood facing to match the cabinets.

A Great Falls master bathroom is another project of which Sun Design is proud, said Walters.

The new space, which includes his and her vanities, a large walk in shower and foot ledge for shaving, allows two people to use it simultaneously.



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## DRESS DRIVE FOR PROM January 3 – February 7



RCC is collecting the following for Diva Central:

**DRESSES • SHOES • JEWELRY • HANDBAGS  
SHAWLS • ACCESSORIES**

**Please drop off items at RCC Hunters Woods, 2310 Colts Neck Road, Reston**

All donations are appreciated, however, we ask that donations are in good condition, no older than five years old (circa 2009), and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop off. Dress donations will benefit students in Reston and surrounding areas. Donations are tax-deductible.



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2310 Colts Neck Road, Reston VA 20191

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

