

# Strings Concert at Dranesville Elementary

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PHOTO BY RYAN DUNN/ THE CONNECTION

Carson's Gammon  
Named Band  
Director of the Year

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Mental Health  
Crisis

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Grace Liou, a fourth grade student at Dranesville Elementary School plays the violin for her father during the February Strings Concert.

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PHOTOS BY RYAN DUNN/ THE CONNECTION

**Fourth grade student Emma Harris explains the D major scale on the violin to her mother, Lindsay Harris, a first grade teacher at Dranesville Elementary School.**

# Strings Concert Held at Dranesville Elementary School

The fourth and fifth grade students perform for family and friends.

BY RYAN DUNN  
THE CONNECTION

“It was a great evening for the kids,” said Seth Lovern. His daughter, Alexis, a fourth grade student at Dranesville Elementary School had just completed an evening string concert at the school cafeteria. “Her mom plays the violin, so she [Alexis] wanted to play the viola to be different.”

“I am very impressed,” said Lindsay Harris, a first grade teacher at Dranesville Elementary School and mother to a fourth grade student Emma Harris. Emma played on a violin in the concert. The string concert consisted of fourth and fifth grade students, with a showcase of the fifth grade students. The event was led by music teacher Allison Devereux who started teaching in Fairfax County in 2008, and is the strings teacher at Dranesville Elementary

The concert featured approximately 45 students who performed basic string songs including “Seminoles Chant,” “Olympic High Jump” and “Teeter Totter.”

“We had the students teach the parents the D major scale so they could show how music activates



**Music teacher Allison Devereux speaks to parents and audience at Dranesville Elementary School during the February evening Strings Concert.**



**Seth Lovern’s daughter, Alexis, a fourth grade student at Dranesville Elementary School, explains the D major scale on a viola.**

all aspects of the brain,” said Devereux. “Strings begin in the fourth grade in Dranesville Elementary, so I wanted to show the parents what we are learning, even if it is 45 minutes a week.”

On Feb. 25, students from

Dranesville Elementary will participate in the Pyramid Chorus Concert on Tuesday, Feb. 25 at Herndon High School. To learn more about Dranesville Elementary School, visit [www.fcps.edu/DranesvilleES/](http://www.fcps.edu/DranesvilleES/).



**Mohammed Khayr sees his daughter Ikraam, a fourth grade student at Dranesville Elementary School, play the violin and demonstrate the D major scale.**

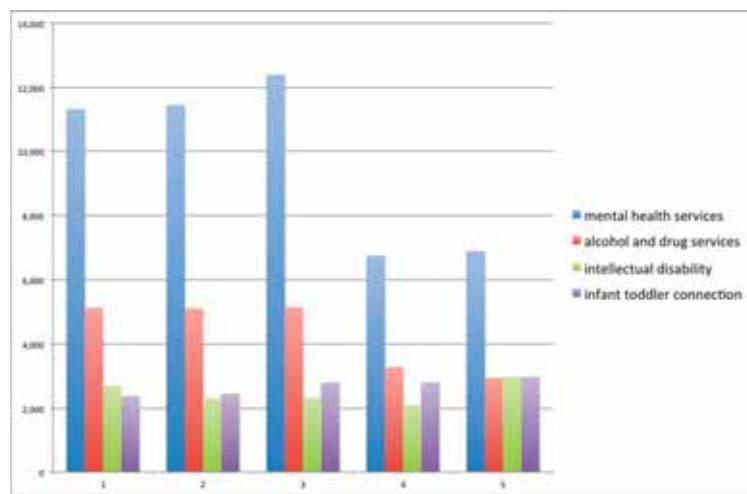


**Martha Torres, fourth grade student at Dranesville Elementary School in Herndon sits at the edge of her seat as she plays the violin in the February evening Strings Concert.**

# THE COUNTY LINE

**“We’ve had to become a very lean machine.”**

— Jane Woods,  
vice chairwoman,  
Fairfax County Community Services Boards



SOURCE: FAIRFAX COUNTY COMPREHENSIVE ANNUAL FINANCIAL REPORT

## Mental Health Crisis

**Fewer people are receiving community services across Northern Virginia.**

BY MICHAEL LEE POPE  
THE CONNECTION

Virginia is in the midst of a mental health crisis.

Even as lawmakers in Richmond debate the best way to deal with a crumbling system of public services for some of its most vulnerable residents, community services boards across Northern Virginia are offering services to fewer and fewer residents. Since the global economic crisis began gripping local governments in 2009, the number of people receiving services from community services boards has dropped. Nowhere is the decline more jarring than Fairfax County, the largest jurisdiction in Virginia.

The statistics, outlined in the county’s most recent comprehensive annual financial report, are dramatic. Since 2009, the number of people receiving mental health services in Fairfax County has declined by 39 percent. Alcohol and drug service have dropped 43 percent. Services for those with intellectual disability have declined 39 percent. Arlington and Alexandria have managed to keep their numbers steady, which makes Fairfax an outlier in the region.

“We’ve had to become a very lean machine,” said Jane Woods, vice chairwoman of the Fairfax County Community Services Boards. “Things had to be done more creatively, and services have been somewhat cut for those who have another funding source even though it might not be quite as robust as what the county would have done in prior years when money was much more available.”

The number of people who receive mental health services has also gone down in Arlington, although not nearly as dramatically. According to county statistics, the number of people who receive mental health services has declined by 6 percent. The number of people who receive substance abuse services has decreased by 13 percent, although the number of people who receive services for intellectual disabilities has increased 17 percent.

“People with severe mental illness are the least able to afford services, and they are in most need of them,” said Ann Wroth, a member of the Arlington Community Services Board. “But there isn’t as much money coming from any place for people to receive mental

health services.”

Alexandria is the only local government that has actually increased services offered through its community services board since the Great Recession. According to statistics provided by city officials, the number of people who receive mental health services actually increased 7 percent since 2009, and the number of people with intellectual disabilities has increased 6 percent in that time. And even though the number of people who receive drug and alcohol services has declined by 38 percent, city officials say the decline represents a change to how the numbers are reported. Since 2010, they say, the number no longer includes individuals who receive “limited” services, which are now considered outside the program area.

“The state of Virginia never funded very well to begin with, which is why we rank 47th,” said Mary Anne Weber, former chairwoman of the Alexandria Community Services Board. “And the local governments have to make up the difference.”

**FAIRFAX COUNTY** officials say a number of factors have contributed to the steep decline in recent years. One is methodological. Fairfax County leaders say people who receive emergency mental health services are no longer counted in the statistics, which may explain some of the decline in the count of those who receive mental health services.

“We have reorganized,” said Laura Yager, director of the partnerships and resources development. “We are trying to make our data more accurate.”

A more immediate explanation for the decline is financial. As state leaders struggled to balance the books during a time of declining revenues, funding for community services boards across Virginia were some of the first to take a hit. People who are the most vulnerable and least able to help themselves are facing the new economic reality with fewer services, especially in places like Fairfax County. Unlike Arlington and Alexandria, Fairfax land values are less recession proof.

“The impact of the recession was felt for a shorter period of time, particularly in the commercial sector, in those two jurisdictions than in Fairfax,” said Woods. “And that shows.”

Shortly after the Virginia Tech massacre in 2007, a commission recommended that more than \$40 million in additional spending be added to the mental-health budget every year. Legislators took a first step by adding about \$30 million to the annual budget the first year, but then the economic downturn tight

SEE MENTAL HEALTH, PAGE 13

## WEEK IN HERNDON

### MOMS Club to Host Relationship Roundtable

The MOMS Club of Herndon will host a Relationship Roundtable on Thursday, Feb. 20, 10 a.m. – Noon at Trinity Presbyterian Church (615 Dranesville Rd, Herndon). Guest speakers Elizabeth Mahoney and Irene Burkett will lead an open discussion on ways to strengthen your relationship with your spouse or partner. Topics to be addressed include: common barriers to communication, effective communication techniques, and stress reduction methods. All Herndon, VA (zip codes 20170 and 20171) stay-at-home mothers are encouraged to join this free event.

Elizabeth Mahoney is a Licensed Clinical Social Worker (LCSW) and mother of two who runs a private practice in Chantilly. Her primary focus and expertise is couples and family therapy. She also addresses a multitude of mental health disorders through her work with adults and adolescents. Irene Burkett is a pre-licensed Marriage and Family therapist and mother of two.

For more information or to RSVP contact: Tomoko Azuma, Membership VP at Herndon\_moms\_info@yahoo.com.

### MOMS Club to Host March of Dimes Fundraiser

The MOMS Club of Herndon will host a Pub Night fundraising event to benefit the March of Dimes® on Thursday, Feb. 27, 6 – 9 p.m. at O’Sullivan’s Irish Pub (754 Elden St. Suite 102 Herndon). Proceeds from food and beverage purchases during this event will benefit the March of Dimes®. In addition, a raffle and live music provided by DC-area rock band A Beautiful Noise will keep the evening light and lively. This event is free and open to the general public.

“We are very excited to sponsor this event,” says Holly Greene, President of the MOMS Club® of Herndon. “We encourage all those in our local community to come out and join us for a fun evening of drinks, good food, and great music, all while supporting a wonderful cause.”

For more information or to RSVP contact: Tomoko Azuma, Membership VP at Herndon\_moms\_info@yahoo.com.

### ArtSpace Hires New Executive Director

Lawrence Verbiest has been named executive director of ArtSpace Herndon. On Jan. 8, the Herndon Foundation for the Cultural Arts’ board of directors voted to offer the position to Verbiest. He accepted the position and began work on Jan. 21.

Verbiest acquired extensive leadership and management experience while serving a 22-year career as an officer in the U.S. Army and as a consultant managing large program management contracts during the past 8 years. Verbiest also has considerable writing and speaking experience, strong technical skills, experience managing large budgets, and has worked with staff and volunteers across a range of age groups, backgrounds and levels of expertise.

Verbiest holds several degrees: master in public administration, focus in strategic management from Harvard University, John F. Kennedy School of Government; master of arts, international policy studies from Stanford University; and bachelor of science, field of study in modern American history from the U.S. Military Academy, West Point.

ArtSpace Herndon exhibitions and receptions are free and open to the public. Some events have a nominal fee. Visit [www.ArtSpaceHerndon.org](http://www.ArtSpaceHerndon.org) for the gallery’s hours, location, and exhibition and events schedule.

## BULLETIN BOARD

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

**THURSDAY/FEB. 13**  
**Public Forum on Economic Equality.** 7:30 p.m. United Christian Parish, 11508 North Shore Drive, Reston. A public forum on the growing problem of

economic inequality in the United States - and the ethics and feasibility of proposed solutions. [www.unitedchristianparish.org](http://www.unitedchristianparish.org).

SEE BULLETIN, PAGE 13

## PEOPLE

# Rachel Carson's Linda Gammon Wins Band Director of the Year Award

**Carson Middle School band director Linda Gammon was named the 2013-14 Secondary Band Director of the Year.**

BY ETHAN MCLEOD  
THE CONNECTION

Linda Gammon has won countless awards over the course of her 38-year teaching career, been named guest conductor of nearly every district band in Virginia, and has published a number of music education books. In Feb. 2014, Gammon added the Fairfax County Band Directors Association (FCBDA) Secondary Band Director of the

Year Award to that list of achievements.

"I am humbled and grateful for being recognized for my contributions over the years to both students and other teachers, and for my contributions to Fairfax County," said Gammon. Gammon's award-winning bands have performed four times at the Virginia Music Educators State Conferences and twice at the renowned Mid-West International Band and Orchestra Clinic. Laurel Philip, assistant band director at Rachel Carson Middle School, is in her second year of teaching alongside Gammon, and says she has already learned a great deal from her as a mentor and friend.

"She works really well with large groups of 70 or 80 seventh and eighth graders," said Philip. "It's incredible how they all come together and produce this level of music."

Twain Middle School band director Tiffany Hitz, who nominated Gammon for the award, echoed Philip's sentiment that Gammon has always been a great

teaching mentor. "I have grown to admire Ms. Gammon as a life-long learner and educator, unselfish with her expertise, but even more skilled at helping others find and develop their strengths," said Hitz. Gammon, 62, began her teaching career in Prince George's County, where she taught alongside award-winning band director Richard Bergman, who taught at Herndon High School for 30 years. She spent the majority of her teaching career in Fairfax County, however, where she has developed a love for the challenge of educating this particular age group. "I especially love teaching the middle school child because it's never dull and it's always exciting. It's challenging to capture the interest of an 11-13 year-old and keep them engaged and learning, having fun, and striving for excellence all at the same time."

Gammon describes her teaching philosophy as "tough, comical love," which showed through in her class on Friday afternoon. "I...put space...after my quarter notes," recited the smiling class in



Linda Gammon directs the Symphonic Band from her podium on Friday afternoon.

unison to their director following an unsatisfactory run-through of one of the songs.

"It's a difficult age group, but I think that if you're consistent, fun and fair you can survive," said Gammon.

In addition to developing highly dedicated and musically literate students, Gammon aims for them to achieve and be highly collaborative and punctual learners once they move on from middle school. Gammon advises her younger colleagues to keep busy during their careers as educators. "Stay active within your school, even outside of your department, be involved in professional groups, and always continue to learn."



Linda Gammon sits at her desk, the wall behind her decorated with some of her proudest achievements.

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# OPINION

## On Mental Health

### Why are localities providing so much less for people who need mental health services?

While the General Assembly is making progress in fixing some of the egregious shortcomings of the way Virginia provides emergency services to people in mental health crisis, many fewer people are receiving mental health services in Northern Virginia.

State Sen. Creigh Deeds' son died of suicide late last year after the limitations in both the law and local communication resulted in him being released while still in the midst of crisis.

Deeds reports the progress on the bill that has passed the State Senate: "The omnibus bill will require subjects be held up to 24 hours under an emergency custody order, create a database of available psychiatric beds, and ensure people in need of hospitalization cannot be 'streeted' by establishing state hospitals as providers of last resort."

These are important steps.

Services to people with mental illness are provided on the local level by community services boards, and in Fairfax County in particular, those services have been dramatically cut back.

Reporter Michael Pope reports this week that since 2009, the number of people receiving mental health services in Fairfax County has declined by 39 percent. Alcohol and drug service have dropped 43 percent. Services for those with intellectual disability have declined 39 percent.

Officials quoted cite the recession and declining property tax revenues in explaining the reductions, along with some changes in the way services are counted.

#### EDITORIAL

No matter how services are counted, there is no question that they have been reduced significantly during a recession, a time when research shows the need for mental health services and alcohol and drug services actually increases.

In Arlington, the number of people who receive mental health services has declined by 6 percent. The number of people who receive substance abuse services has decreased by 13 percent.

"Stresses associated with rising unemployment, poverty and social insecurity will lead to upward trends in many national suicide rates, as well as to less readily charted increases in the prevalence of psychiatric illness, alco-

hol-related disorders and illicit drug use," according to a 2011 overview study on economic recession and mental health cited by the National Institutes of Health. "At the same time, mental health services are being cut back as part of government austerity programs. Budget cuts will thus affect psychiatric services adversely just when economic stressors are raising the levels of need and demand in affected populations."

As for blaming the budget, it's hard to see from raw numbers why the most vulnerable should be suffering.

In 2009, before the effects of the recession, Fairfax County's budget expenditures were \$5.36 billion.

The adopted 2014 budget calls for expenditures of \$6.75 billion.

"Proactive fiscal and social policies could, however, help to mitigate the health consequences of recession," the overview study reports. "Economic mental health care could best be achieved, not by decimating services but by planning and deploying these to meet the needs of defined area populations."

Elected officials and others in county government who have signed off on a set of priorities that punishes the most vulnerable populations have some moral accounting to do.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

#### LETTERS TO THE EDITOR

### Supporting Lifesaving Standards

To the Editor:

My neighborhood is a great place to go for a jog – it's close to the W&OD Trail and the pedestrian-friendly Mosaic District. It's also sandwiched between two major highways and crisscrossed by perpetually busy surface streets. I appreciate that it's accessible, of course, but I also know that running outside exposes me to dangerous pollution from vehicles.

Emissions from cars and trucks contribute to soot and smog, which can cause asthma attacks, heart attacks, strokes, COPD exacerbations, and even premature death.

I have asthma, so on days with unhealthy air quality, I stick to the treadmill. But even on days when the overall air pollution levels are acceptable, people near major roadways are still breathing in unhealthy emissions.

Thankfully, there are new measures in the pipeline that would cost-effectively cut down on vehicle pollution. EPA proposed standards to clean up our gasoline and vehicle emissions that could prevent 2,500 lives per year by 2030. They've garnered the support of public health groups, environmental organizations, and automakers. And now, Congressman Connolly, and 40 other members of the House of

Representatives, are calling on EPA to finalize these standards as soon as possible.

I'm glad my congressman is standing up for our health by supporting these lifesaving standards.

**Laura Kate Bender**  
Vienna

The writer is Coordinator for Virginia Healthy Air Coalition, American Lung Association.

### Cruel and Barbaric

To the Editor:

Social Action Linking Together (SALT) is in full support of Virginia Delegate Scott Surovell in his opposition to Virginia embracing the electric chair to execute condemned prisoners. The point that should be made is that it is inhumane; it is cruel and barbaric.

Consider this account reported in a study by Professor Michael L. Radelet of the (University of Colorado): On August 10, 1982, in Virginia, Frank J. Coppola was executed by electrocution. Although no media representatives witnessed the execution and no details were ever released by the Virginia Department of Corrections,

an attorney who was present later stated that it took two 55-second jolts of electricity to kill Coppola. The second jolt produced the odor and sizzling sound of burning flesh, and Coppola's head and leg caught on fire. Smoke filled the death chamber from floor to ceiling with a smoky haze (<http://www.deathpenaltyinfo.org/some-examples-post-furman-botched-executions>).

This account by Radelet is #1 in 42 additional stories of botched executions that he recounts. We can certainly do better than this, unless we want to align ourselves with the cruel and barbaric.

A more critical issue for all of us

is this: Do the guilty forfeit their right to life? Is execution the means of administering justice for various crimes?

### Supporting Safe Hunting

To the Editor:

The bill before the State Senate to allow hunting on Sundays applies only to private property and will not impinge on anyone's enjoyment of public lands. Most of us only get the weekends off of work and it is silly to prevent landowners from hunting on their own property during half of their free time. Hunting brings numerous economic and environmental ben-

efits to all Virginians and I encourage the editors and readers to view the Virginia Department of Game and Inland Fisheries list at: <http://www.dgif.virginia.gov/hunting/benefits/>

The safe practice of hunting should be supported rather than discouraged.

**Christopher Yurasko**  
Burke

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# Leave It to the Feds

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

**D**espite Virginia's historic antipathy toward the federal government, the Commonwealth has nonetheless historically ceded decisions to federal authorities on major issues on which the state had been unwilling to move forward. Another issue is about to fall into this category: same-sex marriage. Regardless of the desire on the part of conservative Virginians to pretend that it is not so, thousands of Virginians love someone of



the same gender, an unknown number live together as partners, and some have already gotten married in other states. While an amendment to the state constitution defining marriage as being between a man and a woman passed in a referendum more than a half dozen years ago, recent public opinion polls show a majority of Virginians as accepting of same-sex marriage.

Failure of the legislature to act on the issue has resulted in two cases before federal courts challenging Virginia's prohibition of same-sex marriage. If the experiences in other states where such cases have been brought in federal court hold true for Virginia, the prohibition will be found to be unconstitutional. With the federal courts' prodding, Virginia will once again be required to face a reality that it has resisted.

It is not the first time. Virginia also had a law that said that persons of different races could not marry. The legislature refused to acknowledge the unfairness of the law or vote to change it. It took a federal court decision, *Loving v. Virginia* (1967), to strike down the law.

Virginia segregated its public schools based on race until the *Brown v. Board of Education* decision (1954)—of which a Virginia case was a part—struck down racial segregation. Virginia's decade-long effort to resist the federal decision was called Massive Resistance, "a deliberate, orchestrated campaign...intended to slow to a crawl attempts to integrate Virginia's schools." (<http://www.lva.virginia.gov/exhibits/brown/resistance.htm>). The campaign was unsuccessful, although it did take 40 more court decisions to integrate the schools in Virginia.

Virginia was also part of the *Baker v. Carr* decision in 1962 establishing the "one man, one vote" principle because the state legislature refused to acknowledge population shifts that were occurring and permit legislative representation to reflect those shifts until the federal courts intervened.

Federal intervention and the Voting Rights Act got rid of the blank sheet voter registration system and the poll tax that disenfranchised most African Americans.

While it is good that the federal government has been a backstop to ending discrimination in many forms, it is truly unfortunate that the General Assembly was not willing to recognize the wrongness of their laws and make decisions on their own without the need for the federal courts to protect Virginians from their own government.

Too often the argument for states' rights has been used to justify a violation of personal rights. I believe the federal courts will strike down Virginia's marriage amendment.

The General Assembly needs to move forward in outlawing discrimination based on sexual orientation instead of waiting until we're forced to by the federal government.



PHOTO CONTRIBUTED

## FLORIS ELEMENTARY CHESS TEAM WINS SILVER KNIGHTS CUP

**Floris Elementary students competed in the third annual Silver Knights Cup chess tournament recently and won top school in the competition. The top four scorers from each school were taken to calculate school placements; from Floris, the top scorers were Ray Shen, Mantra Vivek, Anand Vinod, and Jonathan Tong. More than 220 students from 20 schools participated in the tournament in one of four sections: K-1, K-3, K-5, and K-8. Other Floris students who competed were Connor Whiting, Alec Riso, Aditya Kakkar, Vikas Nanduri, Shrey Papneja, Shiven Chokshi, Sumanth Ratna, Sri Kapa, Krish Sahoo, Yashwant Kapa, Shivam Papneja, Yash Sahoo, Maria Izzi, and Zahra Izzi.**

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**3** 2586 Rambling Road, Vienna — \$1,536,586

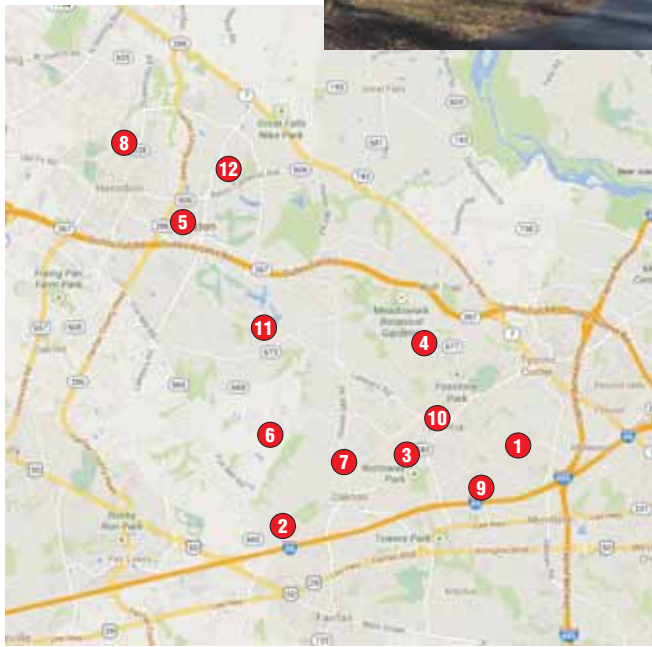


**6** 2823 Center Ridge Drive, Oakton — \$1,390,000



**9** 1217 Ross Drive Southwest, Vienna — \$1,349,840

**12** 11578 Lake Newport Road, Reston — \$1,150,000



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1 8499 WEDDERBURN STATION DR	6	5	1	22180	VIENNA	\$1,950,000	Detached	0.20	22180	WEDDERBURN ESTATES	11/29/13
2 3355 V LN	4	4	1	22124	OAKTON	\$1,550,000	Detached	1.90	22124	WESTOAKS	11/15/13
3 2586 RAMBLING RD	7	6	1	22181	VIENNA	\$1,536,586	Detached	0.57	22181	ORCHARD VIEW	11/30/13
4 1841 BEULAH RD	5	5	1	22182	VIENNA	\$1,525,000	Detached	1.43	22182	SPRING LAKE	11/12/13
5 11990 MARKET ST #2115	2	2	1	20190	RESTON	\$1,475,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	12/30/13
6 2823 CENTER RIDGE DR #6A-1	5	4	1	22124	OAKTON	\$1,390,000	Detached	1.14	22124	DOROTHY GOODE	11/26/13
7 10326 LYNCH LANE # 4	5	4	1	22124	OAKTON	\$1,375,000	Detached	0.44	22124	OAKCREST FARM	11/14/13
8 11724 Shaker Knolls CT	5	4	1	20170	HERNDON	\$1,365,433	Detached	0.83	20170	SHAKER KNOLLS	12/10/13
9 1217 ROSS DR SW	6	5	0	22180	VIENNA	\$1,349,840	Detached	0.45	22180	VIENNA WOODS	11/15/13
10 110 AYR HILL AVE NW	6	6	1	22180	VIENNA	\$1,340,949	Detached	0.24	22180	WILMAR PLACE	11/08/13
11 2205 BURGEE CT	5	3	1	20191	RESTON	\$1,290,000	Detached	0.38	20191	RESTON	12/13/13
12 11578 LAKE NEWPORT RD	3	3	1	20194	RESTON	\$1,150,000	Detached	0.54	20194	RESTON	11/14/13

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# CALENDAR

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.

## TUESDAY /FEB. 11- SUNDAY/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/FEB. 12- WEDNESDAY/FEB. 19

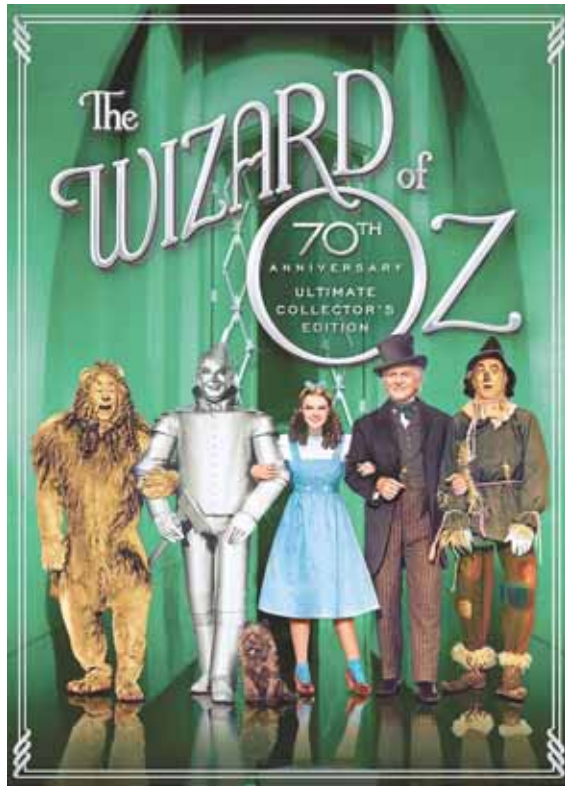
**Art Explorers.** 10:30-11:30 a.m., ArtSpace Herndon, 750 Center Street, Herndon. Three sessions allow for a more in-depth introduction to the key concepts and will provide some good homework suggestions to help start and develop a habit of sketching. \$200. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

## WEDNESDAY/FEB. 12- SUNDAY/MARCH 2

**Colorful Times Four.** 9 a.m.-9 p.m. Monday - Sunday. Jo Ann Rose Gallery, 1609 Washington Plaza N, Reston. Four accomplished Reston artists - Ann Barbieri, Joan Kelly, Dana Scheurer and Connie Slack - present vibrant, dynamic works of art in their February exhibit, Colorful Times Four. 703-864-2588.

## FRIDAY/FEB. 14

**Friday Night Rock 'n' Skate.** 8-10 p.m. Reston Town Center Ice Skating Pavilion. Enjoy a live DJ and music, games and prizes. Rink open until 11 p.m.



**Come out to ArtSpace Herndon on Feb. 22 for an interactive performance of the classic movie, The Wizard of Oz.**

## MONDAY/FEB. 17- THURSDAY/FEB. 27

**Celeste Friesen Nikkel Painting Exhibit.** Monday through Friday, 8:30 a.m.-4 p.m. Reston Center One, 12001 Sunrise Valley Dr., Reston. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

## MONDAY/FEB. 17- FRIDAY/APRIL 11

**Artists Honored at LRA's "Winter Dreams" Exhibit.** Monday through

Friday, 8:30 a.m.-4 p.m. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. [www.leagueofrestonartists.org](http://www.leagueofrestonartists.org)

## SATURDAY/FEB. 15

**The Marquis Ensemble.** 7 p.m. Good Shepherd Lutheran Church, 1133 Reston Avenue, Herndon. Featuring the works of Schumann, Khachaturian, Blanc, Malats, and



**Spend an evening in awe watching classical ballet at Reston CenterStage on Feb. 21.**

Piazzolla. <http://gslcva.org/ministries/worship/concert-series/>

## SUNDAY/FEB. 16

**"Visions from the Piedmont" Opening Reception.** 12:30 - 2 p.m. Reston Unitarian - Universalist Church, 1625 Wiehle Avenue, Reston. Piedmont' is a multi-seasonal perspective in landscape painting and photography highlighting Virginia's

Shenandoah Valley and mountains, by artist Lawrence Behunek.

## TUESDAY/FEB. 18

**Third Tuesdays: Design and Wine.** 7 p.m. In this two hour session, learn how to make a bowl, jewelry dish, or serving platter. Reservations are required, \$30 fee. [www.artspaceherndon.org](http://www.artspaceherndon.org)

## THURSDAY/FEB. 20

**Flying Squirrels in February.** 10 a.m. OR 1:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 3 to 5. Flying squirrels are rarely seen because they are nocturnal. Learn more about these fuzzy gliders, including what they eat, who eats them, and where they live. Make a flying squirrel craft that glides just like they do. Reservations required by Feb. 17. Fee: \$7/child RA members, \$9/child Non-members. Email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

## FRIDAY/FEB. 21

**12th Annual Lincoln-Reagan Dinner.** 6:30 p.m. Hidden Creek Country Club's Fairway Room, 1711 Clubhouse Rd, Reston. The Republican Club of Greater Reston invites all comers to the 12th Annual Lincoln-Reagan Dinner. A delicious dinner awaits you to hear our main speaker, Mr. Thomas P. McDevitt, Chairman of The Washington Times. Delegate Barbara Comstock will bring us up-to-date with an interim report on the 2014 General Assembly proceedings. Please contact Alma Jackson at 703-477-8391 or [aljoy904@aol.com](mailto:aljoy904@aol.com) to make reservations.

• Save the Date •  
A Casino Night to Benefit the Boys & Girls Clubs of Greater Washington, Fairfax County Region

## Save the Date!

### Friday, March 7th, 2014

### 6:30pm - 11:30pm

## The Ritz-Carlton, Tysons Corner

<p><b>Tickets</b></p> <ul style="list-style-type: none"> <li>\$95 Per person</li> <li>\$175 Per Couple</li> <li>Special Overnight Room Rate of \$119</li> </ul>	<p><b>Includes:</b></p> <ul style="list-style-type: none"> <li>• Open Bar</li> <li>• Dinner Buffet</li> <li>• Casino</li> <li>• Dancing</li> </ul>	<p><b>Live and Silent Auction Prizes Include:</b></p> <ul style="list-style-type: none"> <li>• Weekend Get-a-ways</li> <li>• Dinners at Award Winning Restaurants</li> <li>• Hotel, Dinner and Limo Packages</li> <li>• Pro-Sporting Event Tickets</li> <li>• For More Information Visit our Website <a href="http://www.bcgw.org/fairfax/casino-night">www.bcgw.org/fairfax/casino-night</a></li> </ul>
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Guests receive funny money and a bidder number. Use your winnings from Black Jack, Texas Hold 'Em, Craps towards raffle tickets for fabulous prizes. The more chips you accumulate at the gaming tables the better your chances to win GREAT RAFFLE prizes at end of evening.

Benefit the Boys & Girls Clubs of Greater Washington,  
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\*Available select dates through December 30, 2014. Non-alcoholic substitute available. See website for details.

# VALENTINE'S WEEKEND

## Romantic Events Happening in the Fairfax County area

BY AMNA REHMATULLA  
THE CONNECTION

Enjoy your Valentine's Day by heading off to one of these events this weekend.

### THURSDAY/FEB. 13 – FRIDAY/FEB. 14

**Great Falls Nails & Spa Valentine's Day Chocolate Fountain.** Great Falls Nails & Spa, 731 Walker Road, #H1, Great Falls. Come by for Valentine's Day and enjoy refreshments and chocolate fountain with fresh fruit. 703-759-7808.

**Les Miserables.** 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Les Misérables is the perfect Valentine's Day musical. "Loves of all types are represented," Alana Dodds Sharp said. "Love of a child, love of comrades, romantic love, unrequited love, Les Misérables has it all." Purchase tickets: [www.restonplayers.org](http://www.restonplayers.org).

### THURSDAY/FEB. 13- SUNDAY/FEB. 16

**Wildfire's Special Valentine's Menu.** \$85 per couple. Wildfire Restaurant, Tysons Corner, 2001 International Drive, McLean. Guests can indulge in all of their Wildfire favorites, including Crab Stuffed Mushrooms, Spinach & Artichoke Fondue, Wildfire Chopped Salad, Roasted Prime Rib of Beef or Parmesan Crusted New York Strip. Call 703-442-9110 for reservations.

### FRIDAY/FEB. 14

**Wine, Dine & Be Mine this Valentine's Day.** 5-10 p.m. Vinifera Wine Bar & Bistro, 11750 Sunrise Valley Drive, Reston. This Valentine's Day, Executive Chef John-Michael Hamlet will offer a five-course dinner, featuring dishes like smoked oyster fricassee, his signature "foejitas," veal chateaubriand, and deconstructed black forest cake. \$95 per person. 703-234-3550 or visit [www.viniferabistro.com](http://www.viniferabistro.com)

**Valentine's Day Chocolate Buffet.** 6-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyse, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis

**Valentine's Day Latin Style.** La Sandia Mexican Kitchen, 7852L Tysons Corner Center, McLean. Show some Latin Love this Valentine's Day with a 3-Course dinner and signature beverage or cocktail for \$29 per person. A taste of what's on the menu: Shrimp and Crab Empanadas, Chile Relleno, Pasilla Lava Cake, and more. Call for reservations 703-893-2222.

**Chaise Lounge.** 8 p.m. Wolf Trap, 1635 Trap Road, Vienna. Love and Kisses, Swings and Misses A Valentine's Day Celebration Smooth '60s-inspired big-band jazz featuring a sultry female vocalist and a sophisticated "sound that is musically tight and always swinging" (Fanfare Magazine). Tickets: \$25. <http://www.wolftrap.org>

**Horse-Drawn Carriage Rides.** 5:30-9:30 p.m. Reston Town Center, Market Street, Reston. Spend Valentine's Day the old-fashioned way this year by taking a stroll in a horse-drawn carriage through the streets of Reston Town Center. Pick up location by Talbots on Market Street. All proceeds benefit Volunteer Fairfax. Tickets: \$5/person. Children under 5 ride free.

**Parents' Night Out.** 7-9:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Parents, this Valentine's Day enjoy the evening out while your children have a fun-filled night at the nature center. Kids, play nature games and weather permitting, go on a night hike. Drop off begins at 6:45 p.m. Reservations required by Feb. 11. Fee: \$15 RA members, \$20 Non-members. [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

### SATURDAY/FEB. 15

**Les Miserables.** 2 & 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Les Misérables is the perfect Valentine's Day musical. "Loves of all types are represented," Alana Dodds Sharp said. "Love of a child, love of comrades, romantic love, unrequited love, Les Misérables has it all." Purchase tickets: [www.restonplayers.org](http://www.restonplayers.org).

**Valentine's Wine Dinner.** 8 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Enjoy a 4-course meal paired with your favorite Paradise Springs wines. \$119/person; \$109 for wine club members; \$149 VIP seating in Barrel Room. 703-830-9463.

**"Music of the Heart."** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Take part in an evening of romantic music that blends popular and classical styles with pianist Peter Nero. Tickets are \$30-\$60. Tickets are half price for youth through grade 12. Visit the box

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)



**Spend Valentine's Day with the Reston Player's Production of Les Miserables, the perfect musical for this very special occasion. A Little Fall of Rain: Marius (Sean Bartnick) consoles Eponine (Emma Lord).**

office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit [cfa.gmu.edu](http://cfa.gmu.edu).

**Partner Yoga.** 2-3 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Partner poses are a great way to learn more about how to communicate more effectively with your partner and have fun while improving your body health. \$20 per couple, no experience is necessary—both beginners and master yogis are invited to join. Register online: <http://www.workhousearts.org/>

**A Valentine's Sweetheart.** 9 a.m. - 2 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse is offering a Seasonal Camp for kids, ages 6-10. A Valentine's Sweetheart will give kids the opportunity to learn how to bake sweet treats, draw and paint portraits, and participate in other Valentine's Day activities. Tuition is \$65 per child and includes the materials fee. Register online: <http://www.workhousearts.org/>

**Date Night: Chef's Table.** 7-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. A casual cooking class with a professional chef, where participants will be working in pairs to create menu items. At the end of the class, the participants will be served a tasting portion. Tuition is \$85 per person, which also includes a glass of wine and all materials fees. Please register online at least 2 days prior to event date. <http://www.workhousearts.org/>

**Ballroom Social Dance.** 7:30 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Get on the dance floor with your Valentine at the monthly Ballroom Social Dance. Each month features a short mini-lesson covering a specific style of dance at 7:30 p.m. (February will be Swing) and then the dance floor is open from 8-10:30 p.m. \$5 for the mini less, \$10 admission to the dance.

**Valentine's Day Chocolate Buffet.** 7-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyse, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis.

**Valentine's Ballroom Dance.** 8-9 p.m. Tango lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

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### Great Falls Travel Soccer Tryouts

Great Falls Soccer Club, is looking to strengthen their Boys U13 ODSL Travel Team for the Spring 2013 Season. We are focused on maximizing player development with an emphasis on building players core technical skills and their decision making abilities.

Scholarships are available for committed U13 players born after 08/01/00 who want to take their game to the next level!

Training sessions are normally held on three (3x) a week in the Great Falls/Reston area.

If you are interested, have questions or would like to register for tryouts, please email the Team Manager at  
**GFSCRYOUTS@LIVE.COM**

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# SPORTS

## Herndon Gymnast Bradley Earns All-Around Region Berth

Oakton finishes runner-up at Conference 5 gymnastics meet.

BY JON ROETMAN  
THE CONNECTION

The final results surprised Herndon's Alexa Bradley. She had a strong effort on bars and gave an adequate performance on vault, but from an all-around standpoint, the freshman gymnast knew she could have done better.

While she had reason to doubt, Bradley's performance at the Conference 5 meet on Feb. 6 at Centreville High School proved strong enough to earn her an all-around berth in the regional meet.

Bradley tied for third in the all-around, totaling a score of 34.5. The top four all-around competitors advance to regionals, along with any other gymnast who produces a score of 35 or better.

**BRADLEY** placed second on vault (9.05) and bars (8.825), fifth on floor (8.575) and 15th on beam (8.05). The top eight in each event secure a regional berth, along with any other gymnast who scores a 9 or better.

"I was really surprised that I made it for the all-around," Bradley said. ... "I knew I was going to make it to some events, but top four for all-around is really surprising because I didn't do my best."

Herndon sophomore Shannon Kelly will join Bradley at the 6A North region meet on Feb. 12 at Lake Braddock. Kelly qualified on floor with a fourth-place finish (8.725) and on vault, tying for fifth (8.7).

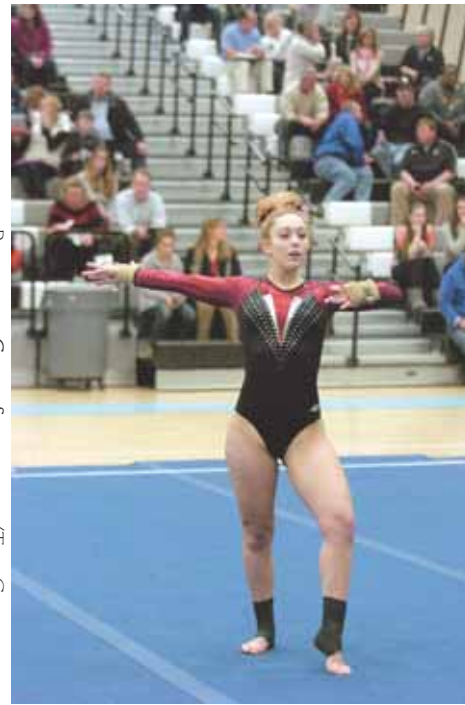
Westfield senior Katie Freix won the all-around with a score of 36.925. She placed first on floor (9.525), vault (9.5) and bars (9.1), and finished in a fifth-place tie on beam (8.8).

"I had probably close to my best performance," Freix said, "except for beam."

Robinson freshman Caroline Burda finished second in the all-around (34.9) and



Herndon freshman Alexa Bradley tied for third in the all-around at the Conference 5 gymnastics meet on Feb. 6, earning a regional berth.



Herndon sophomore Shannon Kelly earned a regional berth on floor and vault during the Conference 5 gymnastics meet on Feb. 6 at Centreville High School.

**"I was really surprised that I made it for the all-around. ... I knew I was going to make it to some events, but top four for all-around is really surprising because I didn't do my best."**

— Herndon freshman Alexa Bradley

Rams senior Sarah Gross tied for third (34.5).

In the team competition, Oakton entered the Conference 5 meet with the smallest roster of the six competing schools. The Cougars performed well in multiple events, but failed to have an individual advance to regionals in the all-around.

None of it stopped Oakton from advancing as a team.

The Cougars finished runner-up, securing one of two team region berths. Oakton had the top score on bars and had the second-best score on beam.

"We feel that's where we differ from a lot

of teams, especially being the smallest squad in our conference," Oakton coach Frankie Orbacz wrote in an email. "Everyone has a ton of talent and everyone contributed equally to our fantastic team score. Most other teams have a few standouts that lead the team and sweep the medals, but we really have so much talent in every girl. We are very well-rounded. Standings-wise, four of our eight girls medaled and placed, which means half of our team would have advanced to regions if we hadn't made it as a team. We were so impressed! That's a pretty fantastic showing."

Sophomore Natalie Weaver was Oakton's top individual performer. She placed fifth in the all-around with a score of 34.475, including a second-place tie on beam (9), a fourth-place finish on bars (8.55) and an eight-place tie on floor (8.375).

"Natalie, as always, pulled off a near-flawless night," Orbacz wrote. "We felt she was underscored on floor but regardless of that, she was still successful. She was one rank away from placing in all-around. With the talent that was there, that is a huge accomplishment. Our conference is very close and has many great high-level gymnasts, and we feel that Natalie is right up in the mix with them, despite placing fifth."

Oakton sophomore Amanda Gore tied for fifth on vault (8.7) and freshman Stephanie Weir finished fifth on bars (8.5). Junior Nathalia Rojas tied for fifth on beam (8.8).

**ROBINSON** won the team championship with a score of 135.4. Oakton finished second with a score of 132.575, followed by Westfield (130.575), Chantilly (129.65), Herndon (122.45) and Centreville (105.375).

"They definitely performed very well today," Robinson head coach Charlotte Edwards said. "They were more consistent than they normally are. ... We're definitely peaking at the right time."

It was Robinson's second conference/district title in the last three years (2012).

### SPORTS ROUNDUPS

#### Herndon Wrestlers Qualify for Regionals

The Herndon wrestling team competed in the conference tournament on Friday at Westfield High School. We had two finalists and nine out of 14 wrestlers qualified for the regional tournament this weekend at Centreville.

Sophomore Justin Hisel placed fourth at 113 pounds. He pinned a Westfield opponent in the quarters to punch his ticket to regionals.

Sophomore H.T. Elston finished fourth at 120. It was the toughest weight in the conference, with all four placers being ranked in the top six of regions.

Sophomore Erick Emelio was third at 126. Sophomore Sam Milligan placed 2nd at 138, defeated the No. 3-ranked

Chantilly wrestler in the semis, winning by technical fall before losing to the No. 1 Robinson wrestler in the finals — all while battling illness.

Senior Sean Pike finished second at 160. He cruised to the finals before dropping a tough match to the No. 1-ranked Robinson wrestler. It was only his second loss of the year, with both losses at the hands of the Robinson opponent.

Senior Bassam Estwani finished 3rd at 170. He dropped a tight match against a Westfield opponent in the semifinals, before storming back through the consolation bracket to earn third.

Sophomore Nate Shirey placed fourth at 182. He avenged an earlier dual meet loss to Westfield in the quarterfinals. This time, he was able to wear his opponent down and score a late takedown in the third period in an exciting match.

Sophomore Pedro Velasco finished fourth at 220. A first year wrestler originally on JV, we brought him up to varsity, and he was able to qualify for regionals.

Freshman Quadel Corbett placed fourth in the heavyweight bracket. The first-year wrestler has been working hard all season and it paid off with a trip to regionals.

#### Herndon Swim and Dive Competes at Regionals

The Herndon swim and dive team recently competed at the regional meet.

Emily Meilus placed second in the 100 backstroke, setting a school record with an automatic All-American time. She was fourth in the 200 free with a school record time (All-American consideration time). Ryan Murphy finished 10th in the 100 back

and 15th in the 100 fly. Kara Joyce was 15th in dive, Shannon Kelly was 16th in dive and Elizabeth McNulty finished 15th in the 100 breast.

The girls' 200 free relay team of Meilus, Jennay Krynicki, Karly Ginieczki and Murphy finished 13th with a school record and state-qualifying time. The girls' 200 med relay team of Meilus, Murphy, McNulty, and Ginieczki finished eighth.

In boys' action, Christian Ginieczki finished seventh in the 100 back and 13th in the 100 fly. Dylan Cudahy was 14th in the 200 IM and ninth in the 500 free (new state qualifying time). Justin Bradley finished 12th in dive and Eric Johnes was 13th in dive.

The boys' 200 med relay team (Ginieczki, Cudahy, VanCamp, Maccannon) took 16th.

# NEWS

**Herndon High senior Hunter Robinson (left) in an improv sketch with other Herndon High team members. Other members of the Herndon improv team included Annie Taylor, Solomon Dixon, Jean Jeon, and John Strangfield.**

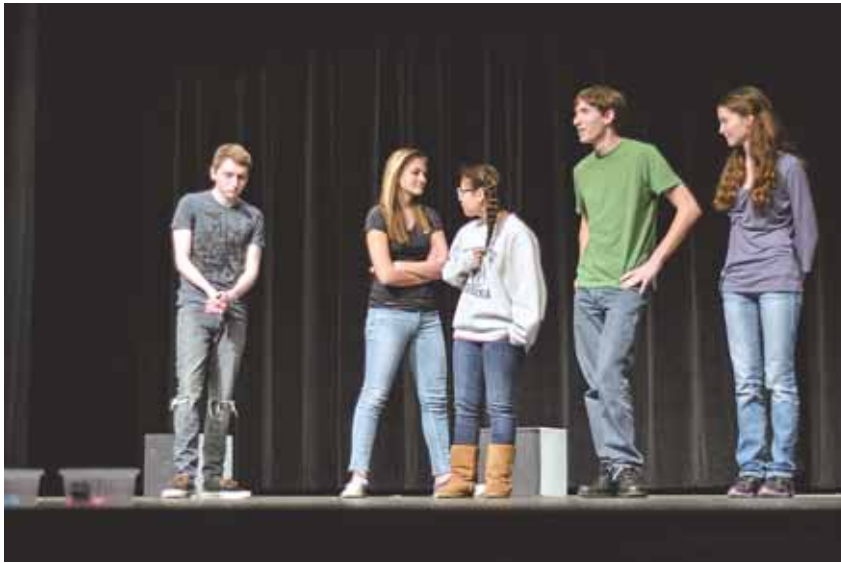


PHOTO BY RYAN DUNN/ THE CONNECTION

## Herndon High Hosts Improvathon

**Students practice and learn improv at fundraising event.**

BY RYAN DUNN  
THE CONNECTION

“I got a whistle, and we have some penalties,” said Scott D. Pafumi. Pafumi, was laying out rules for the Improvathon event at Herndon High auditorium. The Theatre Director at Herndon Middle School, Pafumi had been asked to referee this year’s Improvathon.

Ten teams made of students from across Fairfax County went to Herndon High on Saturday, Feb. 8 for six games related to improvisational or improv theatre. Judging the events were Town of Herndon Mayor Lisa Merkel, Town councilmember Melissa Jonas, and Herndon High Assistant Principal Maria Sneed. Evan Hoffman, director of the NextStop Theatre Company was the master of ceremonies. Participating with the Herndon High team was Herndon senior Hunter Robinson.

“This is our second year hosting this event,” said Robinson. “We began it to raise funds for the Chuck Stanley Memorial Scholarship Fund.” A 1982 graduate of Herndon with a passion for theatre, Chuck Stanley passed away in January 2006. It was Robinson who helped lead and orchestrate this year’s Improvathon. Robinson was able to witness the benefits of the Chuck Stanley Memorial Scholarship Fund as his sister was a former recipient of the scholarship. Both Mr. and Mrs. Stanley attended the Improvathon event.

**THE IMPROVATHON** lasted from 4 to 8 p.m., with a 20 minute dinner break. Although the event was competitive, it was also a learning experience as Pafumi explained different aspects of improvisational acting and gave short critiques at the end of scenes. After each game, judges announced their scores, which were later tailed up. “We want to avoid saying ‘no’ in improv,” said Pafumi after one improv scene. “If you only say ‘no’ you are telling you teammates their idea is not good enough... Instead say ‘yes’ and see where that leads you.”

“Hunter Robinson is the captain of the Herndon improv team, and president of the Herndon’s International Thespian Society Troupe,” said faculty sponsor Zoe Dillard. “He has worked with the Drama Boosters to set this up and I help out where they need me... Herndon High School has been associated with the Stanley family since they approached us, and we are privileged to work them.”

When the Stanley family was looking for a way to commemorate Chuck, then-Herndon Mayor Steve



PHOTO BY RYAN DUNN/ THE CONNECTION

**Herndon High senior Hunter Robinson with David and Diane Stanley at the Herndon High auditorium.**

DeBenedittis recommended a scholarship fund for local theatre students. The first fund-raiser was held at the Lazy Susan Dinner Theatre in Woodbridge in 2009. Chuck had appeared at the Lazy Susan for over 18 years, and the theatre has co-sponsored the scholarship fund since its inception. “He [Chuck] was so dedicated to dancing and singing,” said Mr. Stanley. “He just loved Herndon.”

“It took us an hour to arrive here, but it has been fun,” said Jordyn Stewart, a student at Mt. Vernon High School. Many of the improv games had a comedic slant to them. At one point, the team of Mt. Vernon High School students gave a sketch scene on how George Washington got a Lego stuck up his nose. “It was fun to interact with your friends,” said John Strangfield, a Herndon High senior. At the end of the event, judges awarded first place to Herndon High, second place to Herndon Middle School eighth grade team, and third place to the team from Oakton High.

**AT DIFFERENT POINTS** members of The Comic Improvabilities, the official improv troupe for the NVCC Loudoun campus, came up on the auditorium stage to demonstrate how a game would function. “I think it is amazing how the community is coming together to support this artistic event,” said troupe member Garrett Hill, a resident of Reston. “It is great to see the improv community growing as well.”

“I was indeed fortunate to be a part of such a positive community building event,” said Scott Pafumi. “I hope I am back next year,” said Mayor Merkel. “This event is lots of fun.” If you wish to donate to the scholarship, checks can be made out to “John Chuck Stanley-Gonzales Scholarship” to Mr. and Mrs. Stanley, 320 Missouri Ave., Herndon, VA 20170.

To learn more about the Herndon High theatre, visit [www.herndontheatre.org](http://www.herndontheatre.org).

## Mental Health Services Decline in Fairfax County

FROM PAGE 4

ened spending. Funding levels fell down to where they were before the massacre. In the last two years, some funding has been added back. But the commission’s financial recommendation remains unfulfilled.

“What we have to do is to make sure that we are providing as comprehensive a set of services as we can to help people with mental illness stabilize themselves,” said state Sen. George Barker (D-39). “We need to help them get on the road to recovery so they can manage their situation as best as they can and hopefully never get to that crisis.”

Now the issue has taken a

new sense of immediacy. Late last year, state Sen. Creigh Deeds (D-25) was stabbed in the face by his son, who later committed suicide. Although the senator was able to get an emergency custody order for his son, it expired before a psychiatric bed could be located the rural western part of the state. That tragedy has prompted a new discussion about mental health in Virginia, one that will culminate at the end of the General Assembly session when lawmakers put the final touches on the budget.

“I certainly can’t believe that the need is less,” said Weber. “Not when we see the statistics about suicides in the military for example.”

### BULLETIN BOARD

FROM PAGE 4

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# EMPLOYMENT

## An Unexpected Present



By KENNETH B. LOURIE

Not that I minded it in the least (in fact, I appreciated it in the most), but I received my first senior discount the other day. I was fast-forwarding at my local Roy Rogers restaurant when the unexpected kindness occurred. Considering that I'm not at the age yet when such discounts are typically available, I certainly did not (do not) presume that my appearance somehow reflects an age which I am not. In truth, I don't believe it does. So even though I didn't ask for the age-related discount, I was offered/given it nonetheless. As the cashier tallied my bill, she then spoke the price and adjusted it downward 10 percent for my surprise "senior" discount. On hearing the lower price and the reason for it, I immediately responded: "Oh, you're giving senior discounts to people over 40?" To which she replied, while looking me directly in the eye: "No. Over 30." Laughing at her quick-thinking quip, I thanked her again for the discount and commended her on her excellent answer/customer service.

Without making this too much a cancer column, a terminal diagnosis at age 54 and a half sort of means that certain realities, benefits and inevitabilities (if you live long enough, which after receiving my diagnosis/prognosis seemed unlikely) are off the table; heck they're likely on the floor waiting to be swept up and placed in the trash bin (been and gone, you might say). I refer generally to the kinds of things associated with turning 65: retirement, Social Security, Medicare, and of course, "senior discounts." After hearing what I heard, reaching age 55 seemed challenging enough.

To be honest though, and you regular readers know I'm honest, maybe painfully so; after receiving the incredibly discouraging and grim news concerning my diagnosis from my oncologist five years ago, I didn't really think about the parts of my life that I would be missing since my future was, at that point, seriously in doubt. If I recall, my mindset back then wasn't on the future I was losing because of my disease, it was more about the present that I was living and being as proactive as possible to try and live as long as I could. Moreover, given the rather morbid tone I was hearing from my oncologist, it sounded as if I'd be lucky to have a present, let alone a future. A "13-month to two-year prognosis" (out of the blue no less; I was asymptomatic and a life-long non-smoker) followed by an admission from my doctor that he can't "cure me, but he can treat me;" and a further reply to my wife Dina's query as to why there aren't any parades for lung cancer survivors, as there seem to be for breast cancer survivors: "Because there aren't any" (survivors that is) hardly reinforce a lung cancer patient's future prospects.

Yet here I write, nearly five years post-diagnosis, receiving the previously given my life expectancy) unimaginable senior discount. And though there are likely fewer guarantees now and even less certainty for a stage IV, non-small cell lung cancer survivor five years out and still living, I don't discount the significance of any discounts. At this juncture, I deserve any I can get. Besides, I think I've earned them.

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

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## 21 Announcements

## 21 Announcements

In the Ninth Judicial District Court of the State of Nevada In and for Douglas County

LAURA JEAN BEARCE

Plaintiff,

## SUMMONS

vs

SONER CAPAN

Defendant,

THE STATE OF NEVADA SENDS GREETINGS TO THE ABOVE NAMED DEFENDANT:

You are hereby **SUMMONED** and required to serve upon plaintiff, LAURA JEAN BEARCE, whose address is 1314 10TH ST., W. APT 2, WILLISTON, ND 58801, an **ANSWER** to the Complaint which is herewith served upon you, within 20 days after service of this Summons upon you, exclusive of the day of service. In addition, you must file with the Clerk of this Court, whose address is shown below, a formal written answer to the complaint, along with the appropriate filing fees, in accordance with the rules of the Court. If you fail to do so, judgment by default will be taken against you for the relief demanded in the Complaint. This action is brought to recover a judgment dissolving the contract of marriage existing between you and the Plaintiff.

The filer certifies that this document does not contain the social security number of any person.

Dated this 13th day of January, 2014.

Ted Thran, Clerk of Court

Ninth Judicial District Court, PO Box 218, Minden, NV 89423

## 21 Announcements

## 21 Announcements

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## MATHCOUNTS Champions

The Northern Virginia Regional MATHCOUNTS competitions were held on Saturday, Feb. 1, at Lake Braddock Secondary School in Burke and at the U.S. Patent and Trademark Office in Alexandria. This year, because of the exceptionally large number of students participating, the Regional competition had to be split between two venues. The one held at Lake Braddock was a combined competition for VSPE's Fairfax and George Washington Chapter Areas while the one at the U.S. Patent and Trademark Office was for the Northern VA Chapter Area. These chapters include schools in Fairfax and Arlington counties as well as the cities of Alexandria, Falls Church, Fairfax City and Vienna.

More than 450 sixth through eighth grade students from 55 elementary and middle schools competed at the events. These students have been practicing since the fall and were selected to represent their respective schools at the competitions. Students compete as school teams and as individuals.

The winning teams are the following schools, team members and coach:

- ❖ Fairfax Chapter
  1. Nysmith School (Shwetark Patel, Shaan Bhandarkar, Akshaj Kadaveru, Ajit Kadaveru. coach: JoMarie Broccoli)
  2. Rocky Run Middle School (Jushua Lee, William Li, Minsuk Kang, Edward Sun. coach: Melanie Roller)
  3. Rachel Carson Middle School (Lillian Wang, Sujay Ratna, Kavya Kopparapu, Ruiran Xun. coach: Angie Cahill)
- ❖ George Washington Chapter
  1. Sangster Elementary School (Jerry Li, Jenny Li, David Sun, Joon Mun. coach: James Sun)
  2. Saint Bernadette School (Christopher Nguyen, Emily Shin, Sheridan Monroe, Danny McGarvey. coach: Lorraine Lichtenberger)
  3. Mark Twain Middle School (Vandana Subramanian, Ayman Slamani, Lydia You, Mekedas Belayneh. coach: Rachel Moneypenny)

- ❖ Northern VA Chapter
  1. Longfellow Middle School (Aaditya Singh, Scott Becker, Franklyn Wang, William Sun. coach: Mary Jo Clark)
  2. Luther Jackson Middle School (Wonwook Do, Spencer Durham, Joshua Sahaya Arul, Akrit Sinha. coach: Krystal Fung)
  3. Haycock Elementary school (Sabrina Cai, Cathy Liang, Kathy Wu, Nicole Sim. coach: Mary Jo Clark)

The top scoring individuals in each chapter are the following:

- ❖ Fairfax Chapter
  1. Shwetark Patel, Nysmith School, coach: JoMarie Broccoli
  2. Neeyanth Kopparapu, Floris Elementary School, coach: Gail Porter
  3. Kyle Gatesman, Frost Middle School, coach: Maura Sleevi
  4. Joshua Lee, Rocky Run Middle School, coach: Melanie Roller
- ❖ George Washington Chapter
  1. Jerry Li, Sangster Elementary School, coach: James Sun
  2. Philip Phan, Holmes Middle School, coach: Pavan Krishnan
  3. Jenny Li, Sangster Elementary School, coach: James Sun
  4. Christopher Nguyen, Saint Bernadette School, coach: Lorraine Lichtenberger
- ❖ Northern VA Chapter
  1. Aaditya Singh, Longfellow Middle School, coach: Mary Jo Clark
  2. Scott Becker, Longfellow Middle School, coach: Mary Jo Clark
  3. Franklyn Wang, Longfellow Middle School, coach: Mary Jo Clark
  4. Fred Zhang, Longfellow Middle School, coach: Mary Jo Clark

The top two teams and top four individuals that are not on the top two teams from the Fairfax Chapter, and the winning team and top two individuals that are not on the winning team each from George Washington and Northern Virginia Chapters will advance to compete at the Virginia State MATHCOUNTS competition to be held on March 15 at the Dominion Power facility in Glen Allen, Va.

## Home LifeStyle



Hodges-Fulton



Kirstein



Baker

# Pros Share Secrets of Their Homes' Design

FROM PAGE 9

backyard into an oasis. "We added a pool and entertaining area," he said. "We redid every finish in the house. I liked those small touches because they were simple and easy and changed the way the house looked."

Founder, cochairman and owner Josh Baker grew up in Great Falls and when it came time to raise his family, he remained there. He even built a custom home where he plans to live long-term. "A lot of planning went into the future," said Baker. "The concept behind it was we would create a fun space for our children that their children could eventually enjoy."

He advises his clients to similarly plan ahead and think about how their needs might evolve. "To make it a long-term home is to not think about just what you need now, but what you might need in the future," he said. "We designed a guest suite on the first floor with the idea that my wife and I could live on one floor once we're empty nesters." There is enough space for friends and extended family.

Baker said each time he and his wife updated the house, they did so judiciously. "We made smart decisions about small things that make a big difference. For example, we changed tiles to make it up-to-date without a huge remodel," he said.

Baker's experience as a builder helped him decide on the room sizes and layout of the house. "In terms of design, a lot of our house has a focus on lines of sight, informality and lots of light. ... On our first floor, there are no partition walls in the common area."

The rooms in the house are generous and comfortable and space was used wisely, Baker explained. "We focused on the feeling and functionality of the room rather than the size of the room," he said. "None of the rooms are oversized, but they are functional."

Wise use of space is another lesson he shares with clients. "At one time, bedrooms with sitting rooms were very popular," said Baker. "But ... a lot of our clients don't use them so we're repurposing those spaces. In our master bedroom, for example, we focused on walk-in closets. Even our master bathroom is spacious, but it is not vast."

The Bakers designed their outdoor landscape to accommodate their penchant for relaxed entertaining. "We're informal folks," said Baker. "We like to entertain, so we developed our landscaping to include an expansive entertaining area and a swimming pool. We have a lot of outdoor parties. We can accommodate a large group in our yard as well."



PHOTO COURTESY OF BOWA BUILDERS, INC.

Enclosing the top of a two-story foyer in his Potomac, Md., home eliminated an unused space and gave building professional Steve Kirstein, his wife and children a second-floor family room.

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