

# Fitness Night at Lake Anne

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First grader Eric Delgado gives his all at the Jump Rope station at the Lake Anne Elementary School Family Fitness Night.

## The Bird Feeder Celebrates Anniversary

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Mason theater department member from the Potomac Arts Academy lead the students through acting exercises.



PHOTOS BY ETHAN MCLEOD/THE CONNECTION

## Southgate Saturday School Begins Sixth Year of Arts, Science Programs

BY ETHAN MCLEOD  
THE CONNECTION

**O**n the morning of Saturday, Feb. 8, about 50 Hunters Woods Elementary School students got out of bed for a surprising destination at Southgate Community Center: Saturday School. Since 2009, Southgate Community Center has collaborated with Hunters Woods Elementary and George Mason University's Potomac Arts Academy to provide weekly sessions in visual arts, music, theater, and science to 4-6<sup>th</sup> graders. The program invites between 40-50 students each winter to join.

Each week, Program Coordinator Katherine Fredgren directs the students to their activities, reminding the excited pack of students to be on their best behavior for their instructors and take off their hats. She has served as coordinator for the program for five years now, and her enthusiasm and support for students have only grown. She has even gone so far as to knock on doors to make sure her students are attending each week. "Hunters Woods is a school dedicated to the arts and sciences, and yet some of our kids aren't getting the exposure they need, so this serves as that additional exposure," said Fredgren, a former teacher who lives in Reston. "This is a safe place close to their home so that they can get here."

**SATURDAY SCHOOL** first began in 2009 when Katie Lee, a Hunters Woods intern teacher and graduate student at Mason, set up a pilot program to bring Potomac Arts Academy to Southgate. After Lee left, Fredgren was asked to be a coordinator. Each year since, Saturday School has received funding from the PTA to feed the kids a healthy breakfast, provide education programs, and bring the students on field trips to George Mason. The group began the morning on Feb. 8 by splitting into two groups four hour-long sessions. The 4-5<sup>th</sup> graders performed acting exercises led by George Mason theater department members in the gymna-



**Ellen Graves, Reston Association board director for the Hunters Woods and Dogwood District, (left) with Hunters Woods Asst. Principal Andrew Loftus and Saturday School Program Coordinator Katherine Fredgren.**

sium, while sixth graders drew their symbolized self-portraits in another room, receiving instruction from Master's in Arts in Teaching (MAT) students. These university students work with Mason's Potomac Arts Academy, which provides community arts programs around Northern Virginia. "I've always loved art classes outside of school. I feel they're a lot more freeing and there's not as much pressure, so you have a lot more ability to be creative without anything stopping you," said Lauren Stummer, an MAT student and first-time instructor at Saturday School. Hunters Woods Elementary Assistant Principal Andrew Loftus said that Saturday School has been successful in making kids aware of the excellent resources offered by Southgate Community Center in their own neighborhood. "I see the center as a sort of community living room. It's been a great opportunity for staff and students to strengthen their relationships with students by working with them in a different setting," said Loftus.

**THE THREE-MONTH LONG PROGRAM** culminates each year in a visit to George Mason in late March that exposes students to the nearby university. Last year, students went to the Patriot Center and participated in a Masonettes Dance Team warm-up, watched a Green Machine pep band rehearsal, and attended a men's basketball game. "That to me is the moment that tugs at my heart a little each year, when they get to see the collegiate level and kids walk away saying, 'this is where I'm going to school someday,'" said Loftus. "They think about college and get it in their minds that it is a real possibility for them." Ellen Graves, board director for the Hunters Woods and Dogwood District for Reston Association, has watched Saturday School blossom over the last six years and looks forward to its continued success. "You know the saying, 'It takes a village to raise a child?' The truth is that it really does here," said Graves.



**Store owner Roger Ritter helps a customer with a question.**

## The Bird Feeder Celebrates Anniversary

**Owner Roger Ritter has helped Reston's bird and wildlife lovers with their needs for two decades.**

BY ETHAN MCLEOD  
THE CONNECTION

**W**hen Roger Ritter and his wife Gail opened The Bird Feeder in Reston in 1993, they filled a consumer niche for a community of fellow bird and wildlife lovers in Reston.

"People who live in Reston, because of all of the natural and preserved areas here, have a strong interest in wildlife," said Ritter, 62, reflecting on their decision to open The Bird Feeder at 1675 Reston Parkway, inside of what is now the Home Depot shopping center.

For 20 years, bird lovers have come to The Bird Feeder for their backyard garden and bird watching needs. Ritter, who lives in Leesburg, says the store sells "anything for the backyard" — from birdseed, feeders, houses and baths to garden art and gifts.

"We have always tried to carry products that we would use ourselves. Additionally we wanted [the store] to be a source of information for people so that when they come in and have questions, we can help them," said Ritter.

Gail Ritter, a bird behavior and product expert, opened the original Old Town Leesburg location in 1991, while her husband was still working for Mobil. He watched as the store moved to another location in Leesburg and saw continued success, and in 1993 he left his corporate job to pursue his goal of owning and managing a small business. The Ritters opted for the Home Depot shopping center location in Reston.

"Corporate life was great, it

was very good to me, but this is better," said Ritter, adding, "And I like the independence and casual dress."

In addition to selling a variety of products for bird lovers, The Bird Feeder also sponsors wildlife tours and bird walks around Northern Virginia. The store regularly partners up with organizations such as Reston's Walker Nature Center and the Northern Virginia Audubon Society for events at Runnymede, Stratton Woods and Algonquin Regional parks, to name a few.

Reston resident Perry Macdonald, who also serves as an administrator and bookkeeper for the Northern Virginia Audubon Society in Annandale, has been working at the store for about a year. "Both of these jobs have combined beautifully, and I get to work with the same people who appreciate the environment, birds and other animals," said Macdonald.

While Roger Ritter owns and runs the Reston business, he also assists his staff in helping his customers with their specific needs. He feels that this level of attention is necessary for small businesses like The Bird Feeder geared toward wildlife lovers.

In Reston, a community for whom one of the founding ideals is "That beauty — structural and natural — is a necessity of the good life and should be fostered," The Bird Feeder is a fixture for the area's naturalists.

"I think it's a perfect fit for the community values of Reston of balance, environment, green space, and responsibility. It's a very natural fit for Reston," he said.

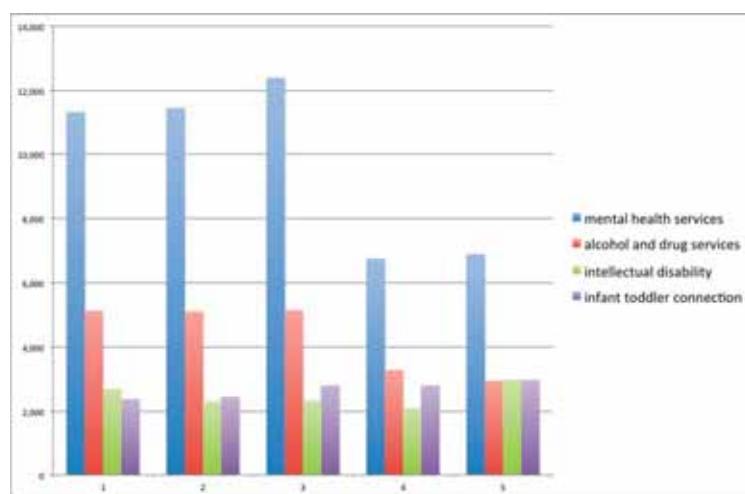
By Ethan McLeod/The Connection



# 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 RESTON

### Armstrong Students-artists Go Global

Neil A. Armstrong Elementary artists are taking over the spotlight: Jordan Citron, the school’s Art Teacher, has teamed up with Artsonia, [www.artsonia.com](http://www.artsonia.com) — the world’s largest online kid’s art museum — to display the students’ artwork.

Anyone can view the school gallery online at: [www.artsonia.com/schools/neilarmstrong1](http://www.artsonia.com/schools/neilarmstrong1). Visitors can browse the artwork in the school gallery by grade level, or by specific exhibits. Neil A. Armstrong Elementary students join thousands of students from over 130 countries whose artwork is showcased on Artsonia. “This program is a wonderful way to share student artwork to parents, family members and friends,” said Citron.

All of Artsonia’s artwork (20 million and counting!) are viewable online, and any teacher or parent can create an online art gallery for their child or school. Artsonia provides several online features such as fan clubs and personal guestbooks, as a way for families to encourage the creativity and imaginations of their young artists. In addition, family members can purchase keepsakes imprinted with the child’s artwork, with Artsonia donating 20 percent of their annual product revenue back to school art programs.

Select 2-D and 3-D student artwork from Armstrong will also be on display at the Lake Anne Community Center for the Youth Art Month Show. Invitations for selected students will be distributed the first week of March.

## 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/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).

### THURSDAY/FEB. 20

**Women’s Club of Greater Reston Meeting.** 10 a.m. Lake Anne Community Center, 1609-A Washington Plaza, Reston. This meeting will be about shade gardening, container gardening and deer resistant plants. Free. [www.restonnewcomers.org](http://www.restonnewcomers.org).

### SATURDAY/FEB. 22

**St. Timothy’s Preschool Registration.** St. Timothy’s Preschool, 432 Van Buren St., Herndon. Registration for fall 2014 classes. Call 703-437-4767 for details.

### ONGOING

**Fairfax County’s Meals on Wheels** urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or [www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults).

**Knitting Enthusiasts, Musicians Needed.** 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711,

[www.fairfaxcounty.gov/olderadult](http://www.fairfaxcounty.gov/olderadult) or [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov).

**Habitat Heroes Project.** The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston’s forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact [habrock@reston.org](mailto:habrock@reston.org) or 703-435-7986.

**Arabic-speaking Older Adult Social Visits.** Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**Long-Term Care Volunteer Ombudsman Program Needs Volunteers.** Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.



## COMMENTARY

# Leave It to the Feds

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



Despite 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

SEE PLUM, PAGE 7

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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

### Bursting Virginia's Bubble

To the Editor:

For the past four years, we Commonwealth citizens have enjoyed prosperity recorded by few states. We have had four years of state budget surpluses, the lowest unemployment rate in the surrounding states and the District, the most business-friendly state east of the Mississippi, much safer healthcare facilities for the women, and we were protected from attacks on our freedoms by

an all-intrusive Federal Government. We had a strong Attorney General, who learned in the Constitution fought to allow Virginia to keep the constitutional rights the states reserved for themselves. These performance metrics did not happen accidentally.

It took the leadership of a Governor and General Assembly working together to bring the best (if not perfect) government available. Sure, one can argue Virginia was

helped by a bankrupting Federal Government spending program. We will eventually pay the price for that.

We now have a new Governor Terence McAuliffe and the mirror image of a dysfunctional Washington Senate majority leader: a Lieutenant Governor importing Washington politics into Richmond. Carrying out the new Governor's pledge to expand MEDICAID, one Senator has already patroned a bill

expanding MEDICAID in Virginia at the budget-busting cost of over \$2.4B. Where will this money come from? Our pockets in the form of an unsustainable tax increase - back to the days of phony budget deficits. This writer thinks we'll see a Special Session of the General Assembly to sort this one out. It will not be pleasant.

**Jack Kenny**  
Reston Republicans

### 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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# OPINION

## PLUM

FROM PAGE 5

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.

## SCHOOL NOTES

Send school notes to north@connectionnewspapers.com by Friday.

**Douglas Graney**, who teaches history and social studies at Herndon High, was named Virginia Teacher of the Year by the Veterans of Foreign Wars (VFW) Department of Virginia. Graney was one of three teachers (elementary, middle, and high school) recognized by the state VFW for their commitment to teach citizenship education topics to students, and to promote America's history, traditions, and institutions.

Graney received his award in Williamsburg last month. He teaches U.S. and Virginia history, U.S. government, and philosophy, and recently completed the renewal process for board certification from the National Board for Professional Teaching Standards.

Herndon area students **Michael H. Chen, Emily Schaal, Jefferson Sheron** and **Tae-Jung Yang** of Herndon High School; and **Jocelyn Huang, Sreenath Are, Rohan Banerjee, Ashwin Basana, Arjun Iyer, Aseem Jain, Anne Li, Soumya Mishra, Christin Park, Rohan Punnoose, Sarah Quettawala, Simran Rohatgi, Snigdha Srivastava** and **Tony Xiao** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

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2730 Centreville Rd.  
Herndon, VA 20171

[www.happyheartschilrencenter.com](http://www.happyheartschilrencenter.com)

## Valentine's Day at Reston Town Center



**Horse-Drawn Carriage Rides**  
**Friday, February 14, 5:30 - 9:30 pm**  
\$5 per person; children under 5 ride free.  
Pick up location by Talbots on Market Street. All proceeds benefit **Volunteer Fairfax**.

**Spoil Your Sweetheart**  
With flowers, morning coffee, tasty treats, beautiful jewelry, and other sweet gifts from your favorite Reston Town Center stores & restaurants.

**Make it a Date**  
Make reservations at the perfect **Reston Town Center restaurant** for a romantic dinner, and give your Valentine an evening to remember with **ice skating** at the Pavilion, a movie at **Bow Tie Cinemas**, and a special night's stay at the **Hyatt Regency Reston**.

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Dulles Toll Road, Exit 12

11900 Market Street  
Reston, VA 20190  
703.579.6720



[restontowncenter.com](http://restontowncenter.com) f t i p

### SHOPPING

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Chico's  
Cigar Town  
Crunch Fitness  
Davelle Clothiers  
for Him & Her  
Eyewear Gallery  
Faber, Coe  
& Gregg Sundries  
FedEx Office  
Francesca's Collections  
Gap  
Gap Kids/Baby Gap  
Greater Reston  
Arts Center  
Hyatt Regency Reston  
Jos. A. Bank Clothiers  
Jouvenelle/Aveda  
L'Occitane  
Le Shoppe for Hair,  
Nails & Skin Care  
Mayflowers  
Midtown Jewelers  
One to One Fitness  
Center  
Origins  
PNC Bank  
Potomac River Running  
Pottery Barn  
PR at Partners  
Prime Cleaners  
South Moon Under  
Talbots & Talbots Petites  
Victoria's Secret  
Wells Fargo  
White House Black  
Market  
Williams-Sonoma

### DINING

American Tap Room  
Ben & Jerry's  
Big Bowl  
BRB: Be Right Burger  
Busara Thai Restaurant  
Chipotle  
Clyde's of Reston  
Cosi  
Edibles Incredible!  
Il Fornaio  
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McCormick & Schmick's  
Obi Sushi  
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...and much more!

## 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 **GFSC TRYOUTS@LIVE.COM**

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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

## November and December 2013 Top Sales in Vienna, Oakton, Reston and Herndon



**2** 3355 V Lane, Oakton — \$1,550,000



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

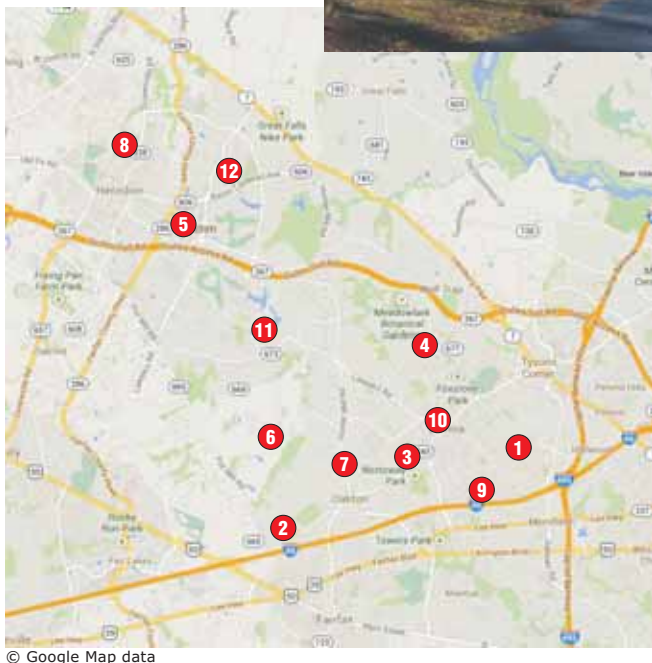


**6** 2823 Center Ridge Drive, Oakton — \$1,390,000

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



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



Address .....	BR .	FB .	HB ..	Postal City .....	Sold Price .....	Type .....	Lot AC..	PostalCode .....	Subdivision .....	Date Sold .....		
1 8499 WEDDERBURN STATION DR ..	6	...	5 ....	1 .....	VIENNA .....	\$1,950,000	.....	Detached .....	0.20 .....	22180 .....	WEDDERBURN ESTATES .....	11/29/13
2 3355 V LN .....	4	...	4 ....	1 .....	OAKTON .....	\$1,550,000	.....	Detached .....	1.90 .....	22124 .....	WESTOAKS .....	11/15/13
3 2586 RAMBLING RD .....	7	...	6 ....	1 .....	VIENNA .....	\$1,536,586	.....	Detached .....	0.57 .....	22181 .....	ORCHARD VIEW .....	11/30/13
4 1841 BEULAH RD .....	5	...	5 ....	1 .....	VIENNA .....	\$1,525,000	.....	Detached .....	1.43 .....	22182 .....	SPRING LAKE .....	11/12/13
5 11990 MARKET ST #2115 .....	2	...	2 ....	1 .....	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 .....	OAKTON .....	\$1,390,000	.....	Detached .....	1.14 .....	22124 .....	DOROTHY GOODE .....	11/26/13
7 10326 LYNCH LANE # 4 .....	5	...	4 ....	1 .....	OAKTON .....	\$1,375,000	.....	Detached .....	0.44 .....	22124 .....	OAKCREST FARM .....	11/14/13
8 11724 Shaker Knolls CT .....	5	...	4 ....	1 .....	HERNDON .....	\$1,365,433	.....	Detached .....	0.83 .....	20170 .....	SHAKER KNOLLS .....	12/10/13
9 1217 ROSS DR SW .....	6	...	5 ....	0 .....	VIENNA .....	\$1,349,840	.....	Detached .....	0.45 .....	22180 .....	VIENNA WOODS .....	11/15/13
10 110 AYR HILL AVE NW .....	6	...	6 ....	1 .....	VIENNA .....	\$1,340,949	.....	Detached .....	0.24 .....	22180 .....	WILMAR PLACE .....	11/08/13
11 2205 BURGEE CT .....	5	...	3 ....	1 .....	RESTON .....	\$1,290,000	.....	Detached .....	0.38 .....	20191 .....	RESTON .....	12/13/13
12 11578 LAKE NEWPORT RD .....	3	...	3 ....	1 .....	RESTON .....	\$1,150,000	.....	Detached .....	0.54 .....	20194 .....	RESTON .....	11/14/13

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## A look inside the homes of some of the area's top builders.

Remodeling industry professionals spend their days helping clients create dream homes, adding quartzite counter tops and outdoor, stacked stone fireplaces, turning ideas and photos into functional, chic living spaces.

When principal and owner George Hodges-Fulton and his wife, Alexandra, decided to remodel the galley kitchen in their Reston home, they decided to expand and change the flow of traffic, keeping the safety of their 6- and 10-year-old daughters in mind.

Alexandra, a serious cook, added, “The sink and the stove were across from each other. Now the sink and the stove are next to each other, so I don’t have to walk across the kitchen carrying hot pasta.”

The new kitchen also includes additional counter space. “I have more prep space,” she said. “And everything I need is within arm’s reach.”

"I spent a huge amount of time looking at pictures of kitchens," said Alexandra. "We added white Carrara marble countertops. ... We added a marble backsplash in a black, white and grey circular mosaic. That's the thing that everybody comments on when they

When principal and owner Steve Kirstein first moved into his Potomac, Md., home with his wife and three children, he spotted several missed design opportunities. “We needed some of the spaces to do different things,” said Kirstein. “We wanted a family gathering

Kirstein also transformed his

**View from the interior of BOWA founder Josh Baker's Great Falls home. Casual entertaining spaces include the open first floor and pool.**



**The recently remodeled kitchen of building professional George and Alexandra Hodges-Fulton. Their Reston home includes classic colors and a peninsula where the family eats breakfast.**

SALE

SALE

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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

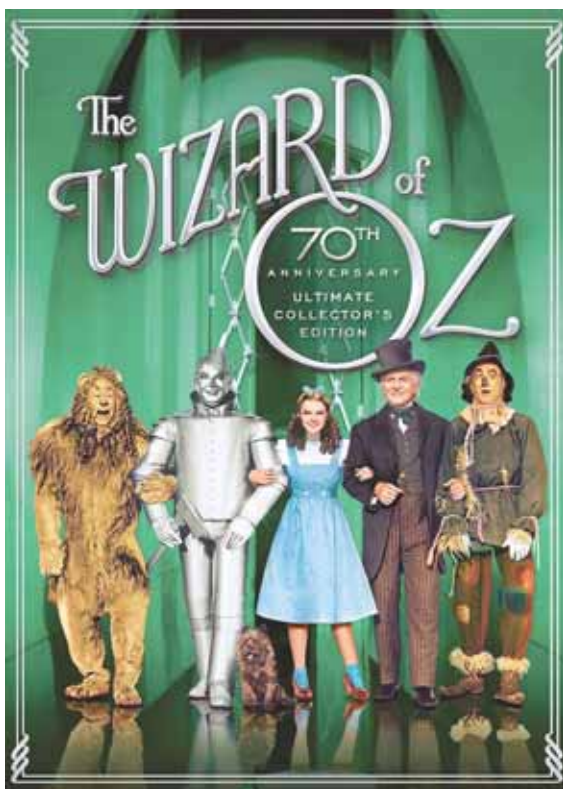
**Art Explorers.** 10:30-11:30 a.m., ArtSpace Herndon, 750 Center Street, Herndon. Three sessions allow for a more in-depth introduction to the key concepts and will provide some good homework suggestions to help start and develop a habit of sketching. \$200. 703-956-6590 or [www.artspaceherndon.org](http://www.artspaceherndon.org).

## 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.

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• 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> <p>\$95 Per person \$175 Per Couple Special Overnight Room Rate of \$119</p>	<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.bgcgw.org/fairfax/casino-night">www.bgcgw.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, Fairfax County Region



# 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 Misérables.** 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 "foiejitas," 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. Entyze, 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 Empenadas, 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 Misérables.** 2 & 8 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. Les

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



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

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 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.



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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

**T**he 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.



# 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."

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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

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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.

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

## 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 Boccoli
  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.





PHOTOS BY ANDREA WORKER/THE CONNECTION



Lake Anne Elementary PE Teachers Bruce Bentley and Teri Haskell take a breather with students Tyler Cariaga, sixth grade, and kindergartner brother Jackson Cariaga during the school's annual Family Fitness Night.

# Family Fitness Night at Lake Anne Elementary

BY ANDREA WORKER  
THE CONNECTION

**F**amily Fitness Night at Lake Anne Elementary School (LAES) in Reston on Thursday, Feb. 6, meant lots of family fun, as well as the opportunity for parents to spend a little quality time with their children getting some health and wellness tips, and joining them in completing the more than thirty exercise challenges set up for them in the school's gym.

Principal Brendan Menuey was on hand to greet his young charges and their families. At the check in desks the attendees received maps of the activities, instructions on how many repetitions were required at each exercise station, and a checklist for each student and adult to attest to having completed the required activity in order to receive a certificate of completion.

One of LAES's Physical Education teachers, Bruce Bentley, played host in the vendor and information rooms, where the youngsters and their guests enjoyed fresh fruit cups while meeting with health and fitness professionals like the representatives of Fitness Evolution, or Dr. Calkins from Sunrise Orthodontics. Also on hand in the vendor room was fourth grade teacher Tom Crotty, a 30 year LAES veteran. For this



General Manager James King and colleague Brittany Miller of Fitness Evolution Gym in Sterling show the attendees what some hard work at the gym can produce.

evening, Crotty was utilizing his extensive teaching experience to educate his audience on the benefits of mountain biking and on the building and maintenance of sustainable biking trails through MORE Bike Club in which Crotty is an active member.

The school's other PE teacher, Teri Haskell, patrolled the exercise stations in the gym, demonstrating some of the fitness challenges. One minute she was illustrating proper techniques on stability

balls, the next she could be seen helping a young athlete reach a bar to perform "as many pull ups as you can!"

The activities included jumping rope, jumping jacks, squats, bicep curls and lateral lifts with bands, and four runs through a set of agility rings.

Considering that attendance at the Family Fitness Night was not mandatory, there was quite an impressive crowd gathered for the evening event.



First grader Eric Delgado gives his all at the Jump Rope station at the Lake Anne Elementary School Family Fitness Night.



"It's all fun!" was Lake Anne Elementary fifth grader Brian Maravilla's answer when asked which exercise challenge he was enjoying the most at the school's Family Fitness Night event. Brian was joined by his first grader sister Madeline at the Jumping Jack station, where they each completed quite a few more than the 25 jumps required to achieve their certificate at the end of the exercise circuit.