



Teaching the Love of Dance

NEWS, PAGE 12

The Greater Washington Dance Center in Reston can help the more advanced dancers perfect their skills and move towards a career in dance if that's where they are headed. Highschoolers Lindsey Priester and Mary Potts transferred from a different studio to continue their studies under Gretchen Vogelzang and company.

Kindness on Display at Diva Central

NEWS, PAGE 3

Touring Silver Line Reston Station

NEWS, PAGE 4



Traumatic brain injury. Not the opponent Connor was expecting.

Two years ago a simple game of catch ended with a trip to the emergency room. A baseball had struck Connor above the eyebrow and blood was pooling dangerously between his brain and skull. Watch how our experts responded at JustRightForChildren.com/Connor.

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THE CONNECTION
NEWSPAPERS



PHOTOS BY REENA SINGH/THE CONNECTION

Tiara Jones, 17, North Stafford High School senior, helped other girls find dresses they like.

Kindness on Display at Diva Central

More than 200 teens flocked to the 12th annual Prom Dress Giveaway.

BY REENA SINGH
THE CONNECTION

Kindness can turn an ordinary day into one that captures the happily-ever-after feeling of a Disney movie. Reston Community Center played Fairy Godmother over the weekend, giving hundreds of girls their Cinderella moment. More than 200 teens flocked to the center's Lake Anne location for free prom dresses, jewelry and shoes during Saturday's 12th annual Diva Central Prom Dress Giveaway.

"They could have saved upwards of \$500, and that doesn't even take into account the possibility of winning one of many restaurant gift certificates," said Director of Teen Programs Kenny Burrowes.

In just a few months, the community center - in conjunction with the Reston Chamber of Commerce and a high school chapter of Delta Sigma Theta - gathered 500 prom dresses and matching accessories to give away from noon until 6 p.m.

Other than attending high school, there was no prerequisite to get a free outfit. Teens of any income background just needed to stop by the community center during the hours of the event to take advantage of the racks of dresses and rows of heels. Dresses left at the end of the event were trucked to other prom dress drives.

"We made it open to anyone, because it's hard to say, 'You deserve it, but you don't,'" said Burrowes. "This is a program that can help both lower income family homes and affluent family homes. It's the best thing because everyone can enjoy it."

He said some teens donate the dresses they got the previous year. Others get a new one every year.

With prom just around the corner, many girls were hoping to find a last minute dress before their big night. Herndon High School junior Casey Molina, 17, ended up choosing a strappy floor-length lilac ball gown from the event.

"It's my first prom, so I wanted a long, elegant dress, but I didn't want it to be over-the-top," she said. She learned about the event through a friend.



Casey Molina, 17, Herndon High School junior, looks for "a long, elegant dress" for her first prom.

"My dad and stepmom are definitely going to be happy they're saving money," she said.

Tiara Jones, 17, a North Stafford High School senior, also found a dress at the event - a short kimono-inspired frock. As a member of Delta Sigma Theta, her involvement with the event was much more personal, however.

"For a lot of people, it's a blessing to get a dress for prom," she said "Through the sorority, we learn about self-confidence and loving yourself."

Tiara said the event is a chance to go out on a Saturday with friends for a makeover moment. She spent most of the day playing stylist for girls before looking for her own outfit. When she heard anyone complain that they could not find a dress to suit their style, she made it her mission to prove they were wrong.

"Once I pick out the dress, they end up taking it home," she said.



GRACE Associate Curator Erica Harrison, GRACE Executive Director and Curator Holly Koons McCullough, and member of the GRACE board of the directors Joan Kelly.

GRACE Hosts Young Artists

Gallery celebrates Youth Art Month with art of local students.

BY RYAN DUNN
THE CONNECTION

Greater Reston Art Center [GRACE] has opened its new exhibit "Art: Works from Participating Schools" which will run from March 7 to March 15. This exhibition highlights artwork from the GRACE Art program. Over 40 area schools participate in this program, in which classroom volunteers deliver an interactive art history lesson with visuals followed by an engaging hands-on art project designed to reinforce the lesson. Selected student projects from seventeen participating schools are presented at GRACE, promoting the impact of this visual art literacy program.

GRACE'S OUTREACH PROGRAM to local students reaches over 20,000 children according to Executive Director and Curator Holly Koons McCullough.

"I think it is exciting for the children to see their work on the walls," said GRACE Education Director Jeanne Loveland. Loveland began working with GRACE as a parent docent and volunteer and then joined GRACE staff. "I am very impressed with the level of art this year," said Loveland.

Schools engaged in the GRACE art program select one portfolio each month from a group of 80 portfolios on a specific artist or subject. Both McCullough and Loveland thanked the parents and the exhibition coordinators for their assistance in the art program, which is now 38 years old. For some visitors, it was their first visit to GRACE.

"Art is one of my favorite classes," said Andrew Stelts, a sixth grade student at Oakton Elementary School. Stelts and several classmates have some of pieces imitating the style of artist Henri Rousseau on display at GRACE. "This is a wonderful way for students to shine at an art gallery," said Sue Lefave, the exhibition coordinator for Fox Mill Elementary. "It has been a really wonderful program," said Nadia El-Khatib, an art teacher at Al Fatih Academy. "GRACE is a great resource for our community."

Joan Kelly, a resident of



PHOTOS BY RYAN DUNN/THE CONNECTION

A fourth grade student Mahmood Abdallah with Al Fatih Academy art teacher Nadia El-Khatib, first grade student Zahra Farooq, and second grade student Jawayria Aftab.

The site map for Reston Station. When it does open, Silver Line trains will run from Wiehle-Reston East in Reston to East Falls Church via the new stations in Tysons Corner.



Touring Silver Line Reston Station

Despite delay, work at Reston station continues.

BY RYAN DUNN
THE CONNECTION

In February, Metro authorities with the Metropolitan Washington Airport Authority (MWAA) released a statement that key criteria had not been met by Dulles Transit Partners (DTP), who submitted their notice of “substantial completion” to MWAA on Feb. 7. Until those issues are addressed, it creates a delay preventing full operational testing in metro locations including Reston Station. Metro loses about \$2 million each month that the Silver Line is not open.

DESPITE THE DELAY, residents of Northern Virginia remain upbeat about the prospect of a new metro station for the Silver Line in Reston. “The business community wants to make sure that the rail operates safely and correctly rather than open and then make changes,” said Mark S. Ingrao, president of the Greater Reston Chamber of Commerce. In February, Maggie Parker, Comstock Partners’ director of communications gave a guided tour of the Reston station, the 2,300-space parking garage and public plaza serving the Wiehle Avenue Metro Station, the terminus of the Silver Line’s first phase.

Attending the February guided tour were more than fifteen members of the Meetup Group Reston Young Professionals. “Reston already has a good bus system, but Tysons Corner is a disaster,” said Reston resident Patrick Lichy, who was on the tour. “I am interested to know how much traffic this metro station will take off the road.” Lichy commutes from Reston to Tysons Corner where he works.

“I am very interested in the Silver Line because my house is near the Herndon Monroe stop,” said Nicholas Hartigan, resident of Reston. “My wife and I joke that one day we will take the metro in one stop to the Reston Town Center.” The Silver Line’s terminus will be at Wiehle-Reston East for the next five years. Phase 2 of the project will have stops at Reston Parkway, Herndon Monroe, Route 28, Dulles International Airport and Ashburn.

Comstock Partners built the garage, paying 23 percent of the \$90 million price tag. The company picked up a 99-year ground lease to build a 1.3 million-square-foot mixed-use development above and around the site. “When Metro begins revenue op-



PHOTO BY RYAN DUNN/THE CONNECTION

Members of the Meetup Group Reston Young Professionals pose for a photo near the Reston metro station entrance.

erations, there will be 3,400 parking spaces for use by Metro commuters,” said Parker. “Two thousand and three hundred are owned by Fairfax County specifically for Metro parking. Approximately 1,100 are privately owned by Comstock and will be made available for Metro commuters until they are needed by the private development being built above the transit center.”

THE TRANSIT CENTER resides in seven below-grade levels, with the kiss and ride, bus look and secure bicycle room located on the second level. Some of the private spaces are in a contiguous garage, eight levels below the signature office building designed by architect Helmut Jahn. The plans for that building have been under review by Fairfax County for building permit. “Reston was very adamant that we engage high quality architects for this job,” said Parker.

During the tour, Parker showed the base of the planned hotel, which is atop the garage. This location has an 8,000-square-foot retail space. Although Comstock considered leasing space for a single restaurant, Parker said the company is considering two or more restaurants to give visitors increased options.

“The development that Comstock has put into this station with commercial buildings and retail, will be a model for other stations,” said Mark Ingrao. “There will be locations for commercial, retail and hospital-ity. This continues the vision of Reston being an urban center.”

For more information on the Reston station, visit restonstation.com/index.php

New at RA

Q&A with David Harris, Reston Association’s New Chief Financial Officer.

Reston Association has hired longtime Northern Virginia resident and public accounting professional David Harris as their new chief financial officer. Harris took a few minutes on Friday afternoon to discuss his background and what his plans are for managing RA’s finances and information technology department as he settles into his new role.



PHOTO COURTESY OF RESTON ASSOCIATION

Q: How long have you lived in Northern Virginia?

A: “I’ve lived here for 26 years. I lived in eastern Chantilly in high school and moved out to western Chantilly later – I also lived in Sterling for a few years. I’ve called northern Virginia my home for a very long time.”

Q: How long have you worked in Reston? What about working here drew you to wanting to work with Reston Association?

A: “I worked here for about six years with two companies – this is my third. I just really liked the layout, there’s a lot of green space and parks, dining and shopping, so it’s very convenient. It’s almost like a one-stop shop if you’re at work at Town Center and want to get out of your car and need to pick something up.”

Q: Do you have any immediate goals as you’re starting out with Reston Association?

A: “We talked about the coming of Silver Line and the Master Plan, and really the goal of Reston Association is to make sure that any new development and communities are included under the RA umbrella.”

Q: What is your vision for RA with the expected wave of development to come with the Silver Line, along with close to 22,000 new residences on their way?

A: “Like we mentioned before when developing the Master Plan, I think one of the most important parts is going to be continuing to have a seat at the table in those conversations with developers.”

David Harris joined Reston Association as their newest chief financial officer in Feb. 2014.

Q: How do you plan to expand RA’s outreach in Reston working with information technology systems?

A: “We’re always looking for opportunities to reach members and make them a part of RA’s activities. The RA board has shown a commitment to this in the 2014-2015 budget, where they’ve allocated money for a new website rebuild and design, using new customer relationship management software, and an electronic document management system, along with some other smaller-scope projects.

Personally, I always look to leverage technology to make things simpler and more efficient for community members.”

Q: What knowledge do you bring to RA that they weren’t equipped with before?

A: “I would say that I bring sound leadership, effective communication for team brainstorming, and can work with people at all levels of an organization. I’m a big believer in teamwork, and I think that’s what drew me here.”

— ETHAN MCLEOD

NEWS

Reston Community Players Win WATCH Award

Mary-Anne Sullivan named Outstanding Lead Actress in a Play.

By DAVID SIEGEL
THE CONNECTION

The Reston Community Players received an award from the Washington Area Theatre Community Honors (WATCH) for artistic and technical excellence in Community Theater. In its 47th season, the Reston Community Players perform at CenterStage, Reston Community Center, 2310 Colts Neck Road, Reston.

"We are excited about the wealth of talent represented by this year's WATCH Award nominees and winners," said Roy Peterson, WATCH Chair. "This group is just one indicator of the vitality of the DC metro community theatre scene."

WATCH is the organization that adjudicates productions and presents annual awards recognizing artistic and technical excellence in Community Theater. The WATCH awards help to foster and encourage the growth of community theater. A total of 114 productions (42 musicals, 72 plays) were judged in 2013 from which the nominations and awardees were chosen.



PHOTO COURTESY OF RESTON COMMUNITY PLAYERS

From left, Mary-Anne Sullivan as Dr. Katherine Brandt and Gayle Nichols Grimes as Dr. Gertrude Laudenberger in Reston Community Players' '33 Variations.' Sullivan received a WATCH award as Outstanding Lead Actress in a Play.

The WATCH awards were announced at a ceremony at the Birchmere, Alexandria, Virginia on Sunday evening, March 9. The Reston Community Players WATCH Award was for Outstanding Lead Actress in a Play, Mary-Anne Sullivan as Dr. Katherine Brandt in "33 Variations."

More information on the Reston Community Players is at: <http://restonplayers.org/>. Information on WATCH is at: <http://www.washingtontheater.org/>

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April 8
6:30 pm to 8:30 pm
• Arlington Courthouse
• Silver Spring - 16th St.

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• Reston North Point

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OPINION

Voting Against Virginia?

Local proponents of expanding health coverage for poor people have a point about those in the General Assembly voting against it.

When Delegates Scott Surovell, Charniele Herring and Rob Krupicka, along with Sen. Adam Ebbin got together to make the case for expanding Medicaid in Virginia, they brought slide presentations, charts, spreadsheets, poll results and more.

It is a compelling argument that expanding Medicaid under the Affordable Care Act is not only good for the health of working poor Virginians, it's good for the health of Virginia's economy. What's more, polls show that Virginians support expanding Medicaid, even Virginians who didn't vote for Gov. Terry McAuliffe.

EDITORIAL

Expanding health care for poor individuals and families who so far have been cut out of health care reform by the General Assembly's refusal would create more than 30,000 new jobs, hundreds of jobs in every district in the state. It would bring in \$5 million in Federal dollars every day, \$1.8 billion a year. It would save the General Fund \$285 million over the biannual budget, money that could be spent on education, mental health and other critical priorities.

"Real people are suffering because of this,"

said Ebbin. "Real people would be helped." That includes working families and more than 12,000 veterans. Ebbin related the story of a taxi driver from his district who had a stroke in his 40s. With no insurance, Mount Vernon Inova Hospital covered his acute treatment and recovery. But without insurance, his access to rehabilitation was limited and as a result, his lifetime expectations are likely limited.

Saying no to \$5 million a day is, in fact, voting against Virginia.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Defeating Obamacare

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

In a speech on the floor of the House of Delegates recently I spoke of experiences I had in my first years as a member when others in the House smoked during the daily floor sessions. One member was notorious for lighting up a long cigar. A cloud of smoke hung over the House chamber. I explained that I was reminded of that cloud of smoke when in recent weeks I have listened to a series of speeches by members of the majority party explaining why they do not support expansion of Medicaid. You can listen to my speech at <http://youtube/Vl6Bky8zjWE>.

Even as reforms are being made based on recommendations of an interim study commission, others are calling for unspecified additional reforms before expansion. There is a call for an audit even though the audit reports of recent years stacked together would measure several feet in height. Doubts are being raised as to whether the federal government can afford the program while Virginians are paying nearly two billion dollars in taxes and fees specifically to support Medicaid expansion. There is a thick smokescreen of explanations and excuses as to why a quarter million Virginians should be denied health insurance.

That the budget for Medicaid has increased in recent years should hardly surprise anyone. People are living longer, many in nursing homes, and their care is costly. Health care costs are generally increasing outside of Medicaid.

Virginians are losing three ways: businesses and individuals are paying nearly \$2 billion to support the expansion; the program is not being expanded in the Commonwealth costing the state \$5 million a day in lost reimbursement; and the legislature is taking money from other programs like education to cover the critical needs for indigent care. Senate Democrats and some Republicans, House Democrats, and the Governor all have agreed to a market-based compromise, but House Republicans are refusing to go along with any plan. Without a resolution there could be a state government shutdown.

If this congressional-style impasse sounds familiar, the reasons for it became clear last week when an ad started running on Virginia radio stations sponsored by the Koch brothers' Americans for Prosperity. "There is a battle in Virginia between President Obama, Governor McAuliffe and those committed to quality healthcare. Let's face it: Medicaid expansion is Obamacare and it's threatening the quality of health care for millions of Americans." For the full ad, go to <http://bit.ly/1cpHxRz>. Not surprisingly Congressman Eric Cantor who led the 44 attempts in the House of Representatives to repeal the Affordable Care Act showed up in Richmond recently to address the house Republican caucus.

The issue in Virginia unfortunately is not the one million Virginians without health care. It is about the nationwide effort to defeat Obamacare at any cost—including closing down the federal or state government.

A Manufactured Crisis

To the Editor

Visit your local sports equipment store to purchase a \$100 fishing pole. You may not know that Medicaid will collect an additional \$2.83 in what used to be known as a Federal Excise Tax – reserved for luxury goods and services – now an ObamaCare Medical Devices tax. Buy a new set of tires for \$500 and you pay an additional \$14.15 on the Medical Devices tax. This is just another, in a long string of hidden provisions of a bad law. Go figure how a new set of tires or a fishing pole is a medical device. The Department of Health and Human Services has asked retailers to not show the tax on your sales receipt! Why an open, transparent Federal Government would ask that is beyond this writer.

Our General Assembly has ended the 2014 Session without passing a balanced budget – a requirement in our Constitution. A special session (passing a clean budget and extending the session) was proposed by the Republican-dominated House. Not good enough for the socialist Governor and Senate – in an irresponsible, cynical move, the socialists demanded No Medicaid – No Budget. Welcome to government by manufactured crisis. The ramifications of this action will have a serious impact on state agencies and our local governments who depend on the state for additional funds. Each of these organizations cannot complete their budgeting process. Sheriff's deputies, mental health reform, schools, roads, state universities – all in line for modest pay increases are being held hostage. Our teachers have not seen

a pay raise in three years. On July 1, 2014, the government effectively stops. We are quite familiar with government shutdowns. In this case, the blame can be laid squarely at the doorstep of the Governor and Senate: ruling on the barest of winning margins in the recent elections. With a 20-20 split in the Senate (the Lieutenant Governor, until recently did not have a tie-breaking vote on budget matters), we will have to suffer through to see who blinks first on this well-documented train wreck. Some prefer to dress up this shameful, morally repulsive tactic describing it as an impasse.

The Medicare expansion proposal (Obamacare in disguise) provides for the Federal Government to subsidize Virginia with a substantial portion of the additional cost for the first three (5?) years. Ask yourself: where are the Federal dollars coming from? Answer: they are borrowed! (The Federal Government just got Congressional concurrence to increase the debt ceiling limit.) You can be sure we taxpayers will wind up paying for it eventually – wondering why the Virginia bubble has burst.

It's no secret that the current Medicare system in Virginia suffers from as much as 30 percent fraud, waste, and abuse. It badly needs fixing. Do we expect the current Attorney General's Consumer Affairs Department to fix it? Dream on. Let's fix what is broken first – then take stock on what we really need for the substantially less number than the WAG 400,000 health-care denied people. In the meantime – No ObamaCare, No WarnerCare, No HowellCare, and No PlumCare!

Jack Kenny
Reston Republican

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CALENDAR

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

MONDAY/MARCH 10-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.

WEDNESDAY/MARCH 12-THURSDAY/MARCH 13

GRACE Art: Works from Participating Schools. GreaterRestonArtsCenter, 12001 Market Street, Suite 103, Reston. This exhibition highlights artwork from the GRACE Art program. Over 40 area schools participate in this program, in which classroom volunteers deliver an interactive art history lesson with visuals followed by an engaging hands-on art project designed to reinforce the lesson. Selected student projects from 17 participating schools will be presented at GRACE, promoting the impact of this important visual art literacy program. Restonarts.org.

WEDNESDAY/MARCH 12

Lúnasa. 8 p.m., at The Centerstage, Reston Community Center Hunters Woods. This group of Irishmen continues its 20-year tradition of famed Celtic music. \$20 Reston/\$40 Non-Reston. www.restoncommunitycenter.com or 703-476-4500.

THURSDAY/MARCH 13

Herndon High School Sports Booster Raffle. 6 p.m. Jimmy's Old Town Tavern, 697 Spring Street, Herndon. There will be raffle tickets for sale and the drawing will be held during the evening. There are over 40 great prizes to win. Prizes include four Disney Park Hopper Passes, \$100 Mon Ami gift card, four White Water Rafting passes, Clyde's \$100 gift card, two Medieval Times tickets, and more. You choose the prize to put your tickets towards. Come help support student athletes and athletic program by trying your luck at winning any of these prizes.

FRIDAY/MARCH 14

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea. Seniors from the Herndon Senior Center are regular visitors. Free and open to the public. 703-956-6590. www.artspaceherndon.org

1st Annual Casino Night and Silent Auction. 7-11 p.m. South Lakes High School, Reston. Gaming, raffles, great prizes, Silent Auction, food, dancing and Cash Bar. All proceeds goes directly to support South Lakes High School Athletic Boosters Club. Get your tickets now as space is limited and there is no guarantee of admission at the door. <http://www.seahawkboosters.com/casinonight.htm>

SATURDAY/MARCH 15

Treble Clefs Concert: An Evening with Cole Porter. 7 p.m. ArtSpace Herndon, 750 Center Street, Herndon. An evening with Cole Porter including Golden Love Songs of the 70s and featuring Classic Cole Porter arranged by Mac Huff, Directed by Jean Goldsby and Accompanist Becki Jones Tickets are \$12. 703-956-6590. www.artspaceherndon.org



Watch Classical Ballet Theater's performance of "The Sleeping Beauty," on Sunday, March 30.

SUNDAY/MARCH 16

Slipping into Spring. 2 - 3 p.m., Walker Nature Center, 11450 Glade Drive, Reston. Test your nature observation skills and see if you can recognize the call of spring; reservations required by March 13. Reston Association members: \$5; Non-members: \$7. naturecenter@reston.org, or 703-476-9689 and press 5.

Nowruz Festival. 11 a.m. - 5 p.m. Reston Town Center, 11900 Market Street, Reston. Discover more than 3,000 years of traditions, customs and festivity of the Persian New Year (Nowruz) with music, group dances, and costumed characters, along with a Persian Bazaar offering exotic food, goods, products, arts and more. Free admission. www.nowruzfestival.org.

Free Concert. 6 p.m. The Westminster Choir of Trinity Presbyterian Church will present a free concert of The Faure' Requiem for Choir, Organ and Chamber Orchestra. Members of the Herndon Community have joined with Trinity, under the Direction of Choir Masters, Tricia Neff and Jeremy Shoop to present The Mass of the Dead as part of Trinity Presbyterian's Lenten Worship experience.

THURSDAY/MARCH 20

Spring Swap on Thursday. 10-11:30 a.m. Trinity Presbyterian Church, 651 Dranesville Road, Herndon. Hosted by The MOMS Club(R) of Herndon, clean out your closets and get ready to freecycle. The Spring Swap is a great opportunity to declutter your home and save money by swapping items your children have outgrown. Simply bring gently-used children's clothing, shoes, toys, books, etc. and exchange for other items that you see at the swap. When you're done, relax and mingle with other Herndon-area moms. For more information or to RSVP email Herndon_moms_info@yahoo.com.

Return of the Reptiles. 10-11 a.m. or 1:30 - 2:30 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Discover Reston's cold-blooded reptiles as they are emerging from their winter sleep ;reservations required by March 17. Reston Association members: \$7; \$ Non-members: \$9. naturecenter@reston.org, or 703-476-9689 and press 5.

Friends of Reston Regional Library Children and Teen Book Sales. 10 a.m. - 8 p.m. The Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston. The library will hold sales of gently used books and teaching materials for Children/Educators, and books for teens.

FRIDAY/MARCH 21

Friends of Reston Regional Library Children and Teen Book Sales. 10 a.m. - 5 p.m. The Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston. The library will hold sales of gently used books and teaching materials for Children/Educators, and books for teens.

SATURDAY/MARCH 22

Nature Walk: Sunrise Valley Wetlands. 1-3 p.m., Sunrise Valley Wetlands - 12700 Sunrise Valley Drive, Reston. Enjoy a leisurely stroll along the boardwalk and get an up-close look at the amazing diversity of life. naturecenter@reston.org, or 703-476-9689 and press 5.

Friends of Reston Regional Library Children and Teen Book Sales. 10 a.m. - 4 p.m. The Friends of the Reston Regional Library, 11925 Bowman Towne Drive, Reston.

The library will hold sales of gently used books and teaching materials for Children/Educators, and books for teens.

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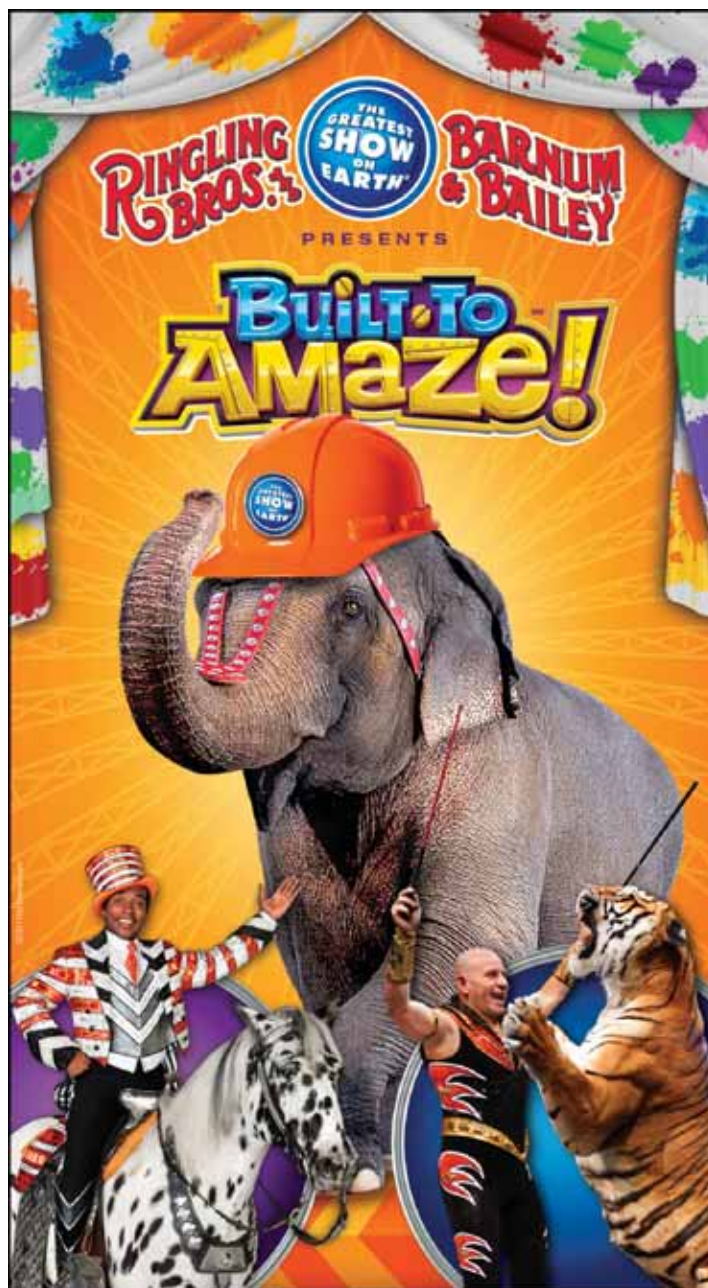
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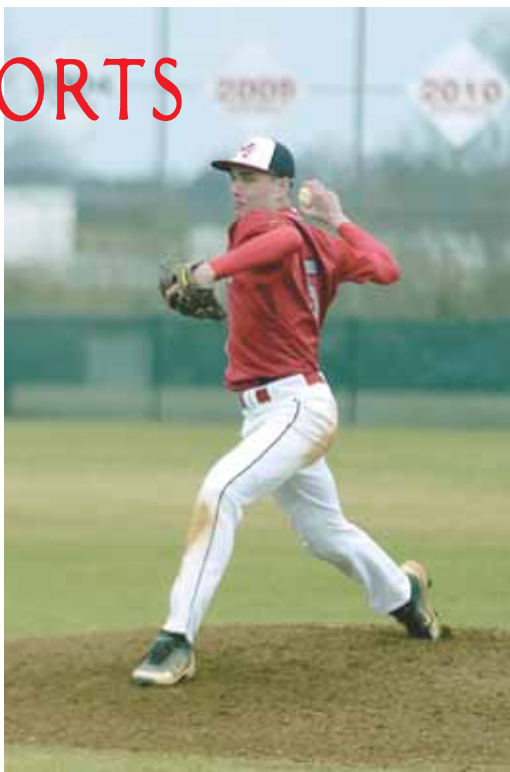
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SPORTS

Joey Sullivan, seen last season, enters his senior year as McLean's top pitcher.



CONNECTION FILE PHOTO



PHOTO BY JON ROETMAN

John Dowling enters his first season as head coach of the McLean baseball program.

Dowling Enters First Season as McLean Head Baseball Coach

Virginia Tech-Bound Sullivan is Highlanders' Top Pitcher.

BY JON ROETMAN
THE CONNECTION

Members of the McLean baseball team are still getting used to John Dowling's coaching methods, which included an exercise referred to as "burpees" at the end of a recent practice. But if what Dowling did at his previous job is any indication of his abilities, it won't be long before his methods translate to success for the Highlanders.

Dowling, 30, enters his first season as McLean head baseball coach. He spent the previous two seasons at Lee High School in Springfield, where he took a struggling program within one win of a regional tournament appearance in 2013 after defeating perennial power West Springfield in the Patriot District tournament.

"He's really organized in everything he does," McLean senior pitcher Joey Sullivan said. "A lot of us are trying to get used to it. Some of the new drills that we've learned ... are new drills that I've never seen in my life and I've been playing the game for 12 years. They seem to work and I hope they work for us in the spring."

After coaching a Lee program with limited depth, Dowling takes over a McLean program with greater numbers. Sullivan, a three-year varsity player who signed with Virginia Tech, is the Highlanders' staff ace. The right-hander's fastball touches the low 90s.

"Joey's a really competitive kid," Dowling said. "He, on the mound, will dictate the pace of the game. He's not scared of the moment — he wants the moment to be his. I learned a lot by going to basketball games and just watching him play basketball. He won the [Conference 6] Defensive Player of the Year [award]. I think that right there speaks a lot to a kid's effort on the floor."

Sullivan teams with junior catcher Caleb Beatty to form what Sullivan called "the best battery out there."

Beatty is in his third year on the varsity and second as starting catcher. He was the team's starting designated hitter as a freshman.

"He doesn't let much get by him, ever," Sullivan said. "He stops pretty much anything I'll throw — high, low, in the dirt, inside, outside. And he can also stroke the [heck] out of the ball, too."

Dowling said Beatty and Sullivan lift the team's energy level.

"We're extremely fortunate to have Caleb," Dowling said. "[He is] a very, very energetic player and to have him at such a critical position is a huge boost to our team as a whole. He and Joey really do set the energy for the team."

Dowling said he's waiting for another pitcher to establish himself as the team's No. 2 starter. Senior right-handers Colin Morse and Jesse Jones, junior lefty Frank Minamino, sophomore left-hander Jon Clines, and Beatty are candidates.

Offensively, sophomore outfielder Matt Collins, who started as a freshman, is one of the team's top hitters.

"I'm very excited to watch Matt Collins play baseball for the next three years," Dowling said. "... Offensively, the sky is the limit for Matt. He could light the world on fire this year."

McLean is scheduled to open the season on the road against rival Langley at 6:30 p.m. on Friday, March 21. The Highlanders' home opener is March 28 against Marshall.

While Dowling is still learning about his players' abilities, he has high hopes for his first season with the Highlanders.

"It's been a little difficult gauging [expectations], not knowing the players, the personnel extremely well," Dowling said. "... But with that said, what are you playing for if you're not looking to play [in the state tournament] at Robinson in June?"

Sullivan also has high expectations.

"We should definitely be in the district championship, in my opinion," he said. "We definitely have the talent to be there. When you get to the district championship, anything happens, but we want to be in the game for sure and put ourselves in a spot to get a good seed in regionals and hopefully go far in regionals."

SPORTS ROUNDUPS

Herndon's Goldman Wins 3200 State Title

Herndon's Andrew Goldman won the 3200-meter state title at the VHSL 6A indoor track state championships Feb. 27-March 1 at Boo Williams Sportsplex in Hampton.

Goldman recorded a time of 9:19.24, beating second-place Matthew Calem of Madison by more than five seconds.

Junior Golf Tournament

The Capital Challenge at Westfields Golf Club will be held March 15-16 in Clifton. The top five finishers in each division during the two-day, 36-hole junior golf event will earn preferred entry into the remaining IJGT Major Championships. To register, visit IJGT.com or call 843-785-2444.

South Lakes, Herndon Baseball Scrimmages

The South Lakes baseball team is scheduled to travel to Centreville for a scrimmage at 1 p.m. on Saturday, March 15.

The Seahawks will open the season on the road against Marshall on March 21. South Lakes' home opener will be March 25 against Thomas Jefferson.

Herndon baseball is scheduled to scrimmage at Madison at 4 p.m. on Friday, March 14.

The Hornets will open their season at home against Loudoun Valley at 6:30 p.m. on Friday, March 21. Herndon will travel to face South Lakes on March 26.

South Lakes Boys' Soccer Scrimmages

The South Lakes boys' soccer team will travel for a pair of scrimmages this week. The Seahawks will face Yorktown at 7:30 p.m. on Wednesday, March 12 in Arlington, and Westfield at 7 p.m. on Friday, March 14 in Chantilly.

The Seahawks will open their season on the road against Stuart at 7 p.m. on Wednesday, March 19.

Herndon Boys' Soccer Season Opener

The Herndon boys' soccer team will travel to face Madison at 7 p.m. on Tuesday, March 18 for its season opener. The Hornets first home game is March 25 against McLean.

Great Falls Resident Wins Conference Championship with MIT

Tim Higgins of Great Falls is a member of the 2013 – 2014 New England Men's and Women's Conference (NEWMAC) championship basketball team. Higgins, a freshman, plays for the Massachusetts Institute of Technology (MIT) men's basketball team. After winning four games and losing four games during February, MIT went on a roll and swept the conference playoffs beating last year's champion WPI in a semifinal game, and outlasting Springfield College in the championship game. With the NEWMAC conference win, the MIT Engineers received an automatic bid to the NCAA basketball tournament. Tim attended and played basketball for Paul VI high school in Fairfax and was part of their 2012 undefeated team.



PHOTO CONTRIBUTED

Tim Higgins

WWW.CONNECTIONNEWSPAPERS.COM

George Paine, secretary of the Northern Virginia Chapter of Trout Unlimited, Robert Morris, and John Dudzinsky, forester at the town of Herndon.



Trout Fishing Derby Held In Herndon

Families fish at Sugarland Run Trail.

BY RYAN DUNN
THE CONNECTION

Beginning Saturday at 7 a.m. at Sugarland Run Trail in Herndon, parents and children arrived to participate in the annual fishing derby. The Town of Herndon's Parks and Recreation Department coordinated the event. Other volunteer groups assisting at the event included members from the Town of Herndon Fraternal Order of Police (FOP) Lodge 64 and Trout Unlimited. "This is our fifth time participating in this event," said George Paine, a resident of Reston and secretary of the Northern Virginia Chapter of Trout Unlimited (NVATU).

Members of NVATU helped families clean and prepare the fish after they had been caught. NVATU is a diverse group of residents from the Alexandria, Arlington County, Fairfax County, and Prince William County, who enjoy fishing and associated activities to enhance fishing opportunities. The chapter holds regular meetings the first Thursday evening of every month at the Vienna Firehouse, in Vienna.

"Approximately 100 people registered to participate in the event this year, similar to last year," said John Dudzinsky, forester at the town of Herndon for more than twenty years. The fish, mostly rainbow trout, were brought in by Casta Line Trout Farms of Goshen, Va. The weather was relatively mild, yet there was still some scattered snow from the previous snowfall.

Greg Hayken, a resident of Herndon brought his children Jackson and Gianna to try fishing. "This is the third year we have attended," said Hayken. Reston resident Alan Cartwright and his daughter, Julia Cartwright, caught a rainbow trout. "She has been my fishing buddy for about four years," said Mr. Cartwright. "This is a great event."

Herndon resident Mustafa S. Hassan and his sons Ameen and Zayn also participated in the event. "We love being outdoors, and we thought we would make



Herndon resident Mustafa S. Hassan and his sons Ameen and Zayn participated in the 2014 Herndon Fishing Derby.



Herndon police officer Henry "Hank" Ruffin with Lee Duranko and his daughter Kaitlyn at Herndon's Sugarland Run Trail.

it a family activity," said Hassan. "I think it is great to have these sort of events in the suburban area and that organizations can make them financially accessible for lots of families."

The event lasted until noon, and volunteers were on hand to explain how to bait, cast and hook fish. Herndon Police officer Henry "Hank" Ruffin was also attending the event. "It is a really good event," said Ruffin. An FOP representative for four years, Ruffin said individuals with a valid Virginia State Fishing License and have a trout stamp can fish at Sugarland Trail. "The fish will be here for awhile," said Ruffin.



Alan Cartwright and his daughter, Julia Cartwright, of Reston, caught a rainbow trout at the 2014 Herndon Fishing Derby.



Greg Hayken, resident of Herndon, and his son Jackson ready their fishing rods for 2014 Herndon Trout Fishing Derby.

Whew!



By KENNETH B. LOURIE

Originally, this column was to be a discussion about the communication process between my doctor and this patient. Specifically, the time lag between when tests are performed/completed and when those results are communicated to the doctor who in turn – per this patient's request, e-mails them to me. In the olden days, results were most likely offered up in person; in the post-olden days, more likely a phone call was made; presently, at least in my experience, results most likely will be e-mailed. I imagine an enduring problem for the patient – during all three "days," has been the time waiting for test results and hearing about them from your doctor. Excruciating is one of the most accurate characterizations of that delay, combined with an unhealthy dose of helplessness. Eventually, if you live long enough, you sort of become accustomed to the process and learn to roll with the punches, both figuratively and literally. Nevertheless, the patience and experience you learn can't totally stop the rampant speculation that keeps you up at night and sleepy during the day.

All of this being said and mostly internalized and assimilated into my terminal-patient brain, unfortunately doesn't prevent the process from negatively impacting your waiting-for-test-results-from-your-doctor compartment where you've (at least where I have) attempted to compartmentalize this process so that it doesn't adversely impact every other psychological compartment I've previously constructed. But I may have learned my lesson this time. The reason being that even though I received an e-mail from my oncologist two days after my CT Scan was completed, it turned out to be sort of an incomplete/inaccurate assessment: "Some better, some worse. I'll explain more on Friday," (the date of my next infusion and coincidentally, the date of our next face-to-face appointment, a week later). It seems the Radiologist had compared this recent scan to one I had taken nine months ago and consequently, made some incorrect assumptions – but of course, we didn't know any of this until we saw my doctor; as such, we stressed about the content of the e-mail.

Friday arrived and we went to The Infusion Center where I was hooked up as usual. Within a few minutes, my oncologist walked over to my Barcalounger. Dina immediately whispers: "He's not smiling." (Reading the facial expressions and body language of your doctor has no doubt become the bane of every patient's existence, especially when dealing with oncologists.) Soon enough though, after my doctor began talking (and explaining the radiologist's mistake), it became clear that my results were quite the opposite of what the original e-mail had indicated. It was not "some better, some worse," it was Tony-the-Tiger GREAT! news with which I could most definitely live – and for many years, too, he said. To say we were pleasantly surprised might be the understatement of the universe. To say we were over the moon might be a bit more realistic, hyperbole notwithstanding.

So what did I learn? What did my oncologist advise me going forward? To not interpret the delay in the communication process as indicating anything other than the nature of the process; nothing to be taken personally or interpreted in any meaningful way. And even though the news we received was extremely encouraging this time, the process, such as it is, likely continues, and anticipating that news – good, bad or indifferent – is to be delivered in any other way is unrealistic. As difficult as it is for this patient to be patient, in some cases, as I learned this past week, your patience can sometimes be rewarded.

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

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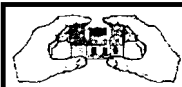
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Reston Man Pleads Guilty to Exporting Unlicensed Goods to Iran

Vahid Hosseini, 62, of Reston, pleaded guilty to two felony counts arising from his involvement in exporting various unlicensed goods from the United States to Iran.

Dana J. Boente, acting United States attorney for the Eastern District of Virginia, and Valerie Parlave, assistant director in charge of the FBI's Washington Field Office, made the announcement after the plea was accepted by United States District Judge Liam O'Grady.

Hosseini pleaded guilty to conspiracy to violate the Iranian Transactions and Sanctions Regulations under the International Emergency Economic Powers Act (IEEPA) and a separate count of money laundering. Hosseini faces a maximum penalty of 15 years in prison and fines totaling \$250,000 when he is sentenced on June 6.

In a statement of facts filed with the plea agreement, from at least as early as January 2008 to July 2013, Hosseini operated a business known as Sabern Instruments from his residence in Reston. Through this business, Hosseini procured more than \$250,000 worth of goods from over 60 American manufacturers, which he then repackaged and shipped to entities in Iran. The list of high-tech goods included tachometers, power supply instruments, high-temperature probes, ammonia test tubes, valves, and machinery parts, all of which are used in a variety of commercial applications, including power plants. Hosseini routed these shipments through the United Arab Emirates (UAE) in an attempt to disguise the fact that the items were destined for Iran. Such exports are prohibited without a license issued by the Treasury Department's Office of Foreign Assets Control. In a related money laundering scheme, Hosseini had over \$700,000 wired into his company business account from entities in Iran and the UAE, much of which was derived from his illegal export business. He then unlawfully withdrew money from his business account for personal expenditures.

This case was investigated by the FBI's Washington Field Office. Assistant United States Attorney Neil Hammerstrom is prosecuting the case on behalf of the United States.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

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

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

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Teaching the Love of Dance

Greater Washington Dance Center brings a fresh perspective to Reston.

BY ANDREA WORKER
THE CONNECTION

Gretchen Vogelzang, founder and owner of the Greater Washington Dance Center (GWDC) in Reston will be the first to tell you that if you are looking for a studio where your child will be prepped to participate in elaborate performances for every season, then her place is probably not the one for you and yours. “I think one of the things that sets us apart is that here we are all about developing the whole person, human beings,” she says. “There are many very good studios in our area, but too often the emphasis is on performance over technique,” Vogelzang adds. “That makes for lower performance standards, because they see it performed when they are not really ready.”

Vogelzang laughs when she’s told she doesn’t look old enough to have been teaching and coaching ballet for more than 30 years. “Believe me, I have put in all the time and all the miles, and some days I can really feel it!” She has certainly accumulated plenty of credentials in that time. In addition to holding degrees in Kinesiology and Theatre and a Master of Fine Arts in Dance Education from the University of California, Irvine, Vogelzang is also certified in the American Ballet Theatre National Training Curriculum – Primary to Level 3. For 14 years in her native California she was also the Founding Artistic/Executive Director of a pre-professional dance company.

HER ACCOMPLISHMENTS as the Artistic Director include choreographing over 30 ballets, one of which she wrote, produced and choreographed. Somewhere during all of that activity, she also found the time to perform professionally. No wonder she decided it was time for her own personal “intermission” when the family moved from California to Northern Virginia in 2001. “As much as I love dance and teaching and watching young dancers grow as dancers and as people, I felt that, especially in a new environment, it was important to spend more time with my own kids,” she explains.

Her break from the dance world was never complete, and didn’t last all that long. Even when not actively engaged in teaching, Vogelzang remained active with Regional Dance America (RDA), at one point holding the office of President of this national association of dance companies. Today, she is the Executive Director of the organization, and speaks just as passionately about RDA as she does about her own dance center. “It’s a wonderful organization,” she



PHOTOS BY ANDREA WORKER/THE CONNECTION

Center founder Gretchen Vogelzang and her young pupils practice a little grace and poise – and have fun doing it.



From left: Sarah Beth Oppenheim, director of Modern Dance, and founder Gretchen Vogelzang pose at the front entrance of the newly opened Greater Washington Dance Center in Reston.



Talk about proper posture: students Eleanor Day and Sabrina Sampson pay rapt attention to instructor Karena VanDyke.

enthusies. “Regional Dance America is aimed at the pre-professional dance company and reaching communities and people that are

often not served by larger, professional companies. RDA offers opportunities to young dancers, choreographers and artistic man-

“I think one of the things that sets us apart is that here we are all about developing the whole person, human beings.”

— Gretchen Vogelzang, founder and owner of the Greater Washington Dance Center Reston

agers and awards over \$100,000 in scholarships each year.”

During her semi-sabbatical, Vogelzang couldn’t quite bring herself to fully retire from teaching. Eventually she began teaching at other studios and for private students. Even though most of these experiences were positive ones, the call to once again run her own school became too loud to resist. “Again, for me it was a fundamental difference in the mission and the focus.” Before she could build what she proudly describes as a “brand new, state of the art facility,” Vogelzang’s growing troupe of students would meet at the Reston Community Players rehearsal hall, “with our most sincere thanks!” she comments.

VOGELZANG’S DANCE CENTER is now open and ready for action at 12320 Pinecrest Road, Suite 100 in Reston. In addition to two large studios, the facility also offers music rooms and smaller classrooms for private instruction. And the schedule of classes is expanding by the minute. The Greater Washington Dance Center can not only accommodate and nurture every level of ballet dancer from the pre-schoolers to the pre-professionals, the school is also offers a number of classes aimed at adults, like Yoga and fitness classes. There are also classes in Modern and Jazz dance and for the potential Baryshnikovs out there, there is a class just for boys. Fortunately, Vogelzang has gathered a staff of professionals like Associate Director Stephanie Lynn York, and Sarah Beth Oppenheim, Director of Modern, Jessica Moore, Ballet, Jazz and Modern All Levels, and Karena VanDyke, Ballet All Levels. This crew comes complete with credentials and accomplishments too numerous to detail here.

It looks like Vogelzang’s intermission is over and she’s back on “pointe.” The Center’s website at www.gwdancecenter.com offers a wealth of information about the center, the staff, and the classes.



Spring 2014 HomeLifeStyle

Reston
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Van Metre Wins Sales, Marketing Awards

Van Metre Homes won eight Silver Awards at the 2014 National Sales and Marketing Awards, hosted by the National Sales and Marketing Council.

Van Metre Homes were honored as Rookie of the Year, Sales Person of the Year, Sales Manager of the Year, Best Direct Mail Program, Best Print Campaign, Best Overall Advertising Campaign, Best Computer Sales Tool, and Best Design Center.

Individuals recognized for outstanding achievement included Omayra Dehring for

Rookie of the Year, Ernie Kyger for Sales Person of the Year, and Danny Faulkner for Sales Manager of the Year. Van Metre Homes won for Best Direct Mail Program with their Fashion Week. Their Fresh Campaign won two awards for Best Print Campaign and for Best Overall Advertising Campaign. Van Metre Homes' Hologram won for Best Computer Sales Tool and the Van Metre Design Studio won for Best Design Center.

Van Metre Companies has constructed more than 16,000 houses and several thou-

sand apartments, as well as office buildings and shopping centers in Northern Virginia. Van Metre communities include their own master-planned developments, as well as neighborhoods in smaller subdivisions and third-party planned communities.

The Van Metre portfolio of new homes includes condominiums, townhomes and single-family homes designed for first-time and move-up buyers throughout the Northern Virginia suburbs.

Van Metre's exclusive Design Studio, located in Stone Ridge, Va., allows

homebuyers to choose their interior finishes and options. Van Metre also offers turnkey mortgage financing services through their own lending affiliate, Intercoastal Mortgage. Through the Van Metre in-house architecture team, buyers can modify architecture based on a community's design plan and surrounding environments. They are also able to quickly adapt to market changes, as well as offer customization with Van Metre's Dream Home Portfolio — offering homebuyers an easy path to personal home customization.

Near Zero Temperatures Call for Back-to-Basics

What mid-winter maintenance can reveal about your home's needs.

BY JOHN BYRD

While common sense suggests that home improvements should be put off to warmer weather, a sustained period of colder temperatures often reveals systemic problems that will need correction sooner or later.

As temperatures dropped precipitously several weeks ago, all Reston homeowner Craig Mattice knew was that his original mansard roof was plagued with ice dams and his 10-year-old, 600-square-foot addition was so cold the pipes were freezing. Moreover, no amount of thermostat adjustment improved the situation much.

"After living in the house for over 25 years the chill was a surprise," Mattice said. "It wasn't just that the winter has been colder than usual ... it was beginning to look like a larger problem, particularly in the new wing, which was five degrees colder than other rooms."

To determine the cause of ice-clogged gutters, Mattice turned to remodeler David Foster who had completed a number of home improvements for his son.

"The damming was literally the tip of the iceberg," said Foster, principal of Foster Remodeling Solutions. "When I inspected the attic it was clear that the envelope was not adequately sealed, insulated or ventilated, which is why the upstairs had been too hot last summer."

Add to this the fact that prior to 1980 local building code required less thermally-resistant insulation (R-19) than the current R-38 standard and the outlines of a common problem with older production homes begins to emerge.

"It's not unusual to find that the existing insulation just isn't the best application for some of our coldest days," Foster said. "Different parts of a house can call for different insulation strategies."

Since the goal for the Mattice attic was to dramatically increase R-value, Foster rearranged the old insulation, adding soffit



PHOTO COURTESY OF FOSTER REMODELING SOLUTIONS

A sustained period of cold weather can reveal problems with your home's basic systems that will need to be addressed in any season if further deterioration is to be prevented.

baffles to improve ventilation. The larger technical solution, however, was to blow-in R-25 fiberglass, which raised the attic's thermal resistance to R-44.

"One of the benefits of fiberglass is that it wraps everything...creating an air-tight insular envelope," Foster says. "This makes all aspects of the home's heating and cooling more efficient."

The more recently completed family wing was another matter. Turns out the Mattice's artfully-designed addition was built over an unheated crawl space, and the HVAC duct wasn't even connected in the kitchen.

"An appropriate insulation strategy starts with a kind of forensics," Foster said. "Where is a wall, ceiling or roof exposed to outside conditions? Is it difficult to regulate temperatures in different parts of the house? These are some basic questions we start with."

Given challenges inherent in insulating rooms built over an unheated crawl space — which also must support air circulation, Foster re-engineered the entire thermal equation: existing fiberglass batt was removed; sprayed-in closed cell foam was then applied to the underside of the floor system. This elevated the thermal value to

R-20 while providing a draft-free air-tight seal to the kitchen floor. To accommodate for summer conditions, Foster added ventilation to both the crawl space and the attic.

So how do the upgrades perform?

"Beautifully," Craig Mattice says. "The house is noticeably tighter and the new wing is much more comfortable."

A PROFESSIONAL REMODELER for 35 years, Foster said he's somewhat surprised by the calls he gets when temperatures drop, usually from homeowners who've found that previous attempts at keeping the house comfortable and well-functioning haven't worked very well.

A few months ago, for example, he executed a re-roofing and gutter protection assignment for Alexandria homeowner Steve Piper, who had previously hired him to design and build an extensive interior makeover.

"We knew we had a leaking problem before we met David," Piper said. "But the situation had gotten worse — and I wasn't sure what to expect from roofers. Finally, it occurred to me to ask David for his assessment."

Foster traced the problem to inappropriate

"An appropriate insulation strategy starts with a kind of forensics. Where is a wall, ceiling or roof exposed to outside conditions? Is it difficult to regulate temperatures in different parts of the house?"

ate and poorly installed flashing which was allowing water to seep into siding and under roof shingles.

His prescription: a re-shingled roof, a new gutter protection system and attic ventilation equipped with an electronic thermostat.

"It's important to address the whole problem when the system has failed," Foster said. "This is a plan that not only eliminates the leaking, but functions much better in all seasons."

A few miles away, Alexandrian Jeff Hage came to Foster when he noticed one of the posts to a front porch was sagging.

Foster, who had finished an interior for Hage a few months before, quickly recognized that the whole roof had settled, making it impossible to stop worsening deterioration by simply replacing the corner column.

"When the problem becomes structural you have to remake the basic supports," he says. "In this case that meant raising the porch roof and re-aligning posts and beams."

Foster has encountered similarly short-sighted solutions associated with window replacement. Homeowners with drafty homes procure state-of-the-art insulated windows only to have them installed with inadequately sealed window jambs.

"Winter is not particularly forgiving of partial solutions," Foster said. "When a problem is recurring, it's time to look at the larger system. After all, this is how a house works."

Empty-Nesters Re-invent the Family Home

Built-ins, cleverly articulated interior increase usable space without need to add-on.

BY JOHN BYRD

Sometimes life's second act requires a bold set change. How else are others to know that the featured players have moved on, embracing new beginnings?

Reinvention is after all the quintessential triumph of creativity, and can be a very personal process when the thing reinvented is your home itself.

"Of course, large-scale life changes don't necessarily demand a whole house makeover," recently retired teacher Cindy Borer said. But in the past year, her only son moved out to start a new career and her husband is now traveling less, so the timing was right for discoveries.

BUT TO START AT THE TOP: last spring the Borer had celebrated 20 years residency in their two-story, four-bedroom Colonial-style house in Burke, and were taking stock of what they wanted from the years ahead.

At just over 800 square feet, the home's primary living area had been serviceable enough; even so, the formal dining room and adjacent den on opposite sides of the front facing foyer were hardly ever used and the rear family room was dark and cramped.



By borrowing a mere nine square feet from the dining room, the designers found space for a small mudroom with bench immediately to the right of a side kitchen door.

Evaluating options, Borer considered enlarging a few rear rooms. She also wondered if some of the home's interior walls could be modified in way that would allow for more natural light. What to do?

It was at this juncture that Craig Durosko, founder of Sun Design Remodeling, was called-in to discuss possible space improvement scenarios.

Durosko pointed out that the couple

didn't so much lack square footage as a sensible space plan tailored to how they actually use their home. The existing "center-

SEE EMPTY-NESTERS, PAGE 4

Kitchen Confidential

BY MARILYN CAMPBELL
THE CONNECTION

When Allie Mann of Arlington, a designer and senior interior specialist at Case Design/Remodeling, Inc. was tasked with giving the first

From light-filled to dramatic, local designers create dream kitchens.

floor of a McLean, Va., home a face lift, she had to think free-flowing and airy.

"[The] client wanted to focus on making the kitchen feel open and connected to rest of home," said Mann. "[They] needed to have plenty of space to cook and entertain plus lots of storage."

Mann said the homeowner was making a cross-country move and settling in Virginia, so adhering to a strict timeline and budget were critical.

However, near the end of the project, the homeowner wanted to make a change.

"At nearly 85 percent job completion, client decided they wanted to completely remove the wall between the kitchen and family room. In the original design, we partially removed the wall," said Mann. "This meant a shift and redirection of scope, additional



PHOTO COURTESY NICELY DONE KITCHENS

A vertical, glass subway tile backsplash adds a dramatic flair to this kitchen by Nicely Done Kitchens.

engineering [because] the remaining portion of the wall housed a three-story fireplace, relocation of cabinets had already been installed and modifications to counter tops. And still deliver a project close to on

time."

The finished kitchen is a light-filled space with cabinets by Crystal Cabinetry, honed Vermont Marble countertops and appliances

SEE KITCHEN, PAGE 4

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Empty-Nesters Re-invent the Family Home

FROM PAGE 3

hall” configuration defined rooms were consistent with tradition, yet were functionally underutilized most of the time. This accounted for daily traffic patterns that didn’t work as well as they might, and a nagging sense that the entire first floor was space-restricted.

On a second subject: the mid-house floor-to-ceiling bearing wall dividing the front and rear sections of the house could be completely deleted by installing concealed vertical supports at strategic intervals, Durokso said. Such a move would dramatically increase natural light, creating the floor space needed for an alternative layout more appropriate for both daily use and entertainment.

“On the first visit Craig pretty much solved our space plan problem,” Borer said. “From this point on, I was mainly to think about the interior design details.”

So Borer’s meeting with Jon Benson, the makeover’s lead designer, proved a revelation from the start.

A veteran home remodeling specialist as well as a nationally recognized furniture designer, Benson’s input shaped a floor plan focused on personal requirements in which custom built-ins eliminate unneeded walls while sharply improving both room function and interior design integrity.

To create a more functional relationship between the kitchen and the dining room, for instance, the designer replaced an interior pantry with a 27.5-square-foot food preparation surface and dining counter that serves both rooms equally.

By borrowing a mere nine square feet from the dining room, Benson also found space for a small mudroom with bench immediately to the right of the side entrance to the kitchen.

Re-situating the front hall closet to the right of the front door not only widened the front foyer but also created dramatic front-to-back sight lines that make the entire house seem much larger.

Measured in square feet, the changes are small. Yet such revisions liberate the first level circulation plan, re-organizing the home’s primary living area into rooms that are both interactive and articulated.

To visually differentiate the front-facing library from the family room, the designer converted existing overhead beams into an elegant tray ceiling supported by Craftsman-style piers.

A floor-to-ceiling bookcase—also a Benson original—provides an elegant yet useful wall for the new reading room. The new family room fireplace hearth was custom-designed to accommodate the plasma TV that now hangs above it.

Additional interior design decisions emerged from Borer’s collaboration with



PHOTOS BY BRYAN BURRIS PHOTOGRAPHY

To differentiate the front-facing library from the family room visually, Sun Design converted existing overhead beams into an elegant tray ceiling supported by Craftsman-style piers.



The new transitional-style interior employs decorative elements to create distinctive use-zones in an open floor plan.

Sun Design’s Jessica Page.

“Jessica helped me discover the design style I’d been looking for,” Borer said. “She opened up a lot of resources. Ideas that I liked were added to a project scrapbook which we both referenced regularly to keep the decision process on track.”

As space plan modifications proceeded, Borer’s research revealed a strong personal attraction to transitional-style interior design, a contemporary concept that seeks to reconcile traditional architecture with the spatial freedom of an open floor plan.

On this score, Benson’s original floorplan sketch anticipated the use of loveseats as



Transitional interior design style seeks to reconcile traditional architecture with the spatial freedom of an open floor plan.

space dividers between the family room and the den. Meanwhile, Borer’s preference for soft white and grey duotones inspired an interior paint scheme that combines sharp white and khaki.

In the kitchen, Giallo Siorato granite surfaces are set off by a vividly original glass tile and stone backsplash which lends an invigorating streak of color to the broader visual panorama.

“Its very comfortable balance of traditional and open really works well for us,” Borer said. “I found the whole process really enlightening.”

Kitchen Confidential

FROM PAGE 3

by Sub-Zero, Wolf, KitchenAid and Miele.

NICELY DONE KITCHENS in Springfield, Va., created a kitchen with drama for a Centreville, Va., family. “White semi-custom cabinetry and a contrasting dark island creates a dramatic look,” said Stephanie Brick, designer. Brick cited the focus on the vertical, subway tile back splash.

The rest of the back splash in the kitchen is horizontal, which is the standard for subway tile, said Brick.

The kitchen also includes ample, easily accessible storage space.

“The paneled refrigerator helps conceal the appliances and helps them to blend in with the cabinetry to give the aesthetic more continuity,” said Brick. The kitchen includes easily accessible storage space and ogeedged granite counter tops.

OPENING UP and adding light were priorities when Guy Hopkins Semmes, partner and founder of Potomac-based design-build firm Hopkins and Porter and Lea Allen, one of the firm’s senior architects, remodeled the kitchen of a Bethesda, Md., home.

“The kitchen was small, but we were able to add a lot more space, by making few minor changes,” said Semmes. “Before there was an enclosed porch next to the kitchen. We opened the wall between the kitchen and the adjacent enclosed porch.”

Semmes and Allen made another major elimination: appliances. “We got rid of the



COURTESY OF CASE DESIGN/REMODELING INC

Arlington, Va., designer Allie Mann of Case Design/Remodeling, Inc. created a free-flowing and elegant feel in this McLean, Va. kitchen.

refrigerator and moved it downstairs,” said Semmes. “All of the other appliances are located under the counter and open up like drawers.”

Semmes also found a creative way to make the space more light-filled. “We took out a stairway wall to the second floor and replaced it with a triangular opening so light from stairwell came down into the kitchen.”

The kitchen now has maple cabinetry and white Silestone countertops. “It was done on a budget. It’s amazing what you can do when you work with what you’ve got.”



PHOTO COURTESY OF HOPKINS AND PORTER

Guy Semmes and Lea Allen of Potomac-based design-build firm Hopkins and Porter removed walls to create space and add light to the kitchen of this Bethesda, Md. home.

Garden Club of Virginia Celebrates 81st Tour



This Alexandria garden will appear on the 81st Historic Garden Week tour.

House and garden tours will take place across Virginia during the 81st Historic Garden Week. Garden week runs from Saturday, April 26-Saturday, May 3.

Tour proceeds fund the restoration and preservation of Virginia’s historic gardens. Each spring visitors are welcomed to more than 250 of Virginia’s most beautiful gardens, homes and historic landmarks during “America’s Largest Open House.” This eight-day statewide event provides visitors an opportunity to see gardens at the peak of Virginia’s springtime color, as well as beautiful houses sparkling with over 2,000 flower arrangements created by Garden Club of Virginia members.

Statewide tour passes are available for \$175. The Alexandria tour takes place Saturday, April 26, tickets are \$35. The Vienna tour takes place Tuesday, April 29 and tickets are \$25. There is a 240-page guidebook with detailed descriptions of properties on each tour. The \$10 charge covers the shipping and handling cost of the book. Free copies of the guide are available at Virginia businesses, visitor centers, and some AAAs. Visit www.vagardenweek.org.

David Watkins of Merrifield Garden Center says cold season annuals like these yellow pansies can add bright color to a garden now.



PHOTO COPYRIGHT CAROLINE WILLIAMS

Getting Your Garden Ready for Spring

Local experts tell you what you should do now, in spite of the cold weather.

BY MARILYN CAMPBELL
THE CONNECTION

on the environment. It reduces bad bug populations and is safe over all.”

It doesn’t feel like spring. Last week’s snow made it seem like warm weather might never arrive, so planting a garden might be the last thing on your mind. However, local gardening experts say this is the ideal time to start preparing your landscape to yield colorful spring foliage.

Bill Mann, of Behnke Nurseries in Potomac, Md., said spring garden preparation plans differ from year to year. “It depends on the landscape beds you have and whether or not you’re planning to put in a vegetable garden,” he said.

“This is the time to inspect shrubs for damage that might have been broken during the snow load,” said David Watkins of Merrifield Garden Center, which has locations in Fair Oaks, Merrifield and Gainesville, Va., Don’t go overboard, however: “You don’t want to prune plants before they bloom. A good rule of thumb is to prune a flowering plant right after it blooms.”

Instead, spend some time tidying up. “Right now is the time to fertilize your shrubs, remove old mulch, put down new mulch and just clean up,” said Watkins. “Everybody is sick of winter, especially this winter. This is the time to clean up old leaves. Because the winter has been so cold, there are going to be some plants that won’t have made it.”

“In March, a lot has to do with inspecting the yard for winter damage,” said Mann. “This is a great time of the year to look for insect damage and deer damage.”

Mann expects extensive deer damage this year. “Deer didn’t have much to eat except for plants like azaleas and rhododendrons.”

Insect damage is less obvious and more difficult to identify. “This is the time to do damage-control by using safe or organic-based products like neem oil,” said Mann. “When sprayed on plants, it smothers insect eggs or some insects in the larva stage. It also kills stinkbugs. If you can see them, you can control them. You can use a higher concentration this time of year and it is a lot safer and easier

WHILE EAGER GARDENERS may be excited to start planting spring flowers in their newly cleaned plots, Watkins offers a caveat: “It is a little early for most annual flowers in pots on patios, but you can plant annuals like pansies, which are cold season annuals,” he said. “They don’t like heat, so in June they start to wither. Then you can put other flowers in like petunias and geraniums.”

Watkins recommends planting hearty, ornamental shrubs in patio flowerpots and surrounding them with flowering plants to ensure year-found foliage. “A nice thing to do in pots is plant a woody ornamental,” he said. “It is nice to have plants in the pots that stay year round. I put a Japanese maple in a pot on my deck. In another pot I put ilex verticillata [winterberry] and I had red berries all winter long. In the spring, I’ll put petunias in the soil around it, and around the edge I’ll plant a flowering plant that will trail down over the pot from April to October. Then the rest of the year I’ll get red berries.”

Sowing grass seeds is also an ideal project to begin now. “The seeds won’t germinate until it gets to be 52 degrees,” Watkins continued. “So even if we get another snow storm, it helps work the seeds into the soil.”

Randee Wilson of Nature By Design in Alexandria encourages the use of indigenous plants. “Look for sources for native plants — they help sustain our local wildlife. If we didn’t have local plants, butterflies would be gone.”

Native plants also require less maintenance. “Some native plants are cardinal flower, which is bright red; bee balm, also bright red; blue cardinal; iron weed, which has purple flowers, and native wisteria vine,” said Wilson.

If a new patio is in your plans this spring, Watkins says to get started now. “We’ve been putting down putting patios all year long,” he said. “A good garden center is going to get backed up when the weather is warmer. The sooner you start getting your job in the line, the better.”

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

January, 2014 Top Sales in Great Falls, McLean, Vienna, Oakton, Reston and Herndon



1 8419 Brookewood Court, McLean — \$2,198,800



2 1418 Harvest Crossing Drive, McLean — \$1,850,000

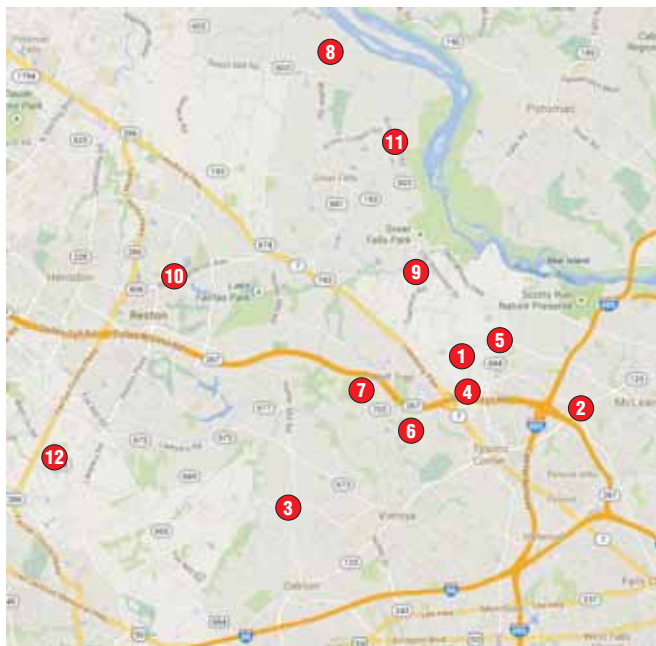


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8 9909 Windy Hollow Road, Great Falls — \$1,322,000



4 8500 Stony Point Court, McLean — \$1,660,000



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5 8103 RIDINGS CT	4	..	4	..	1	MCLEAN	\$1,500,000	Detached	0.84	22102	THE GREAT HAMPTONS	01/06/14
6 1681 DREWLAINE DR #5	5	..	4	..	1	VIENNA	\$1,355,764	Detached	0.35	22182	...	WOLF TRAP DOWNS SEC. 2	...	01/30/14
7 1652 WHITE PINE DR	6	..	4	..	1	VIENNA	\$1,350,000	Detached	0.83	22182	SYMPHONY MEADOWS	01/06/14
8 9909 WINDY HOLLOW RD	6	..	4	..	1	...	GREAT FALLS	..	\$1,322,000	Detached	1.72	22066	FALCON RIDGE	01/24/14
9 9115 WHITE CHIMNEY LN	4	..	3	..	1	...	GREAT FALLS	\$975,000	Detached	0.92	22066	LEIGH MILL COMMONS	01/16/14
10 1608 NORTH VILLAGE RD	3	..	2	..	1	RESTON	\$970,000	Detached	0.98	20194	RESTON	01/09/14
11 9212 MARIA AVE	3	..	2	..	1	...	GREAT FALLS	\$889,000	Detached	1.00	22066	GREAT FALLS ESTATES	01/29/14
12 2989 FRANKLIN OAKS DR	5	..	4	..	0	HERNDON	\$827,575	Detached	0.31	20171	FRANKLIN OAKS	01/08/14

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15th Biennial Ikebana Show at the Art League

Twenty-five members of the Washington, D.C., branch of the Sogetsu School participated in the 15th biennial Ikebana Show at the Art League in the Torpedo Factory in Alexandria last week.

The art of Japanese flower arranging, Ikebana, is promoted by more than 300 different schools of thought. The Sogetsu School of Ikebana originated in Tokyo, Japan in 1927 as a new, modern style of Japanese flower arranging. The idea among the members is that Ikebana may be created at anytime, anywhere, by anyone, with any material.

Members of the school made numerous visits to the Torpedo Factory during January to select artwork for their arrangements. They returned Thursday morning, March 6, to set up arrangements in the Art League for an opening

reception that evening. The exhibit continued through Sunday, March 9. For more on the school, contact Jane Redmon at 703-931-5519 or janebredmon@aol.com. Visit www.sogetsuwashingtondc.org.



Elise Schoux created her arrangement with work from two artists: Constance Slack's acrylic painting, "In The Key of Green And Gold" and Joann Ackerman's stoneware piece "White With Red Circles."



Susan Rudy used Janos Somogyi's "Untitled XXXA" and a stoneware vase by Klaudia Levin.



Jeanne Garant's oil painting "A Bit Of Curry" and Jennifer Bernhard Hatfield's "Tall Bowls" set the stage for Diana Cull's arrangement.

Mary M. Corley worked with "The Choir" a porcelain piece and a clay centerpiece container both by Christine Hubloue.



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Fairfax County REAL ESTATE

2014 Assessments by Area

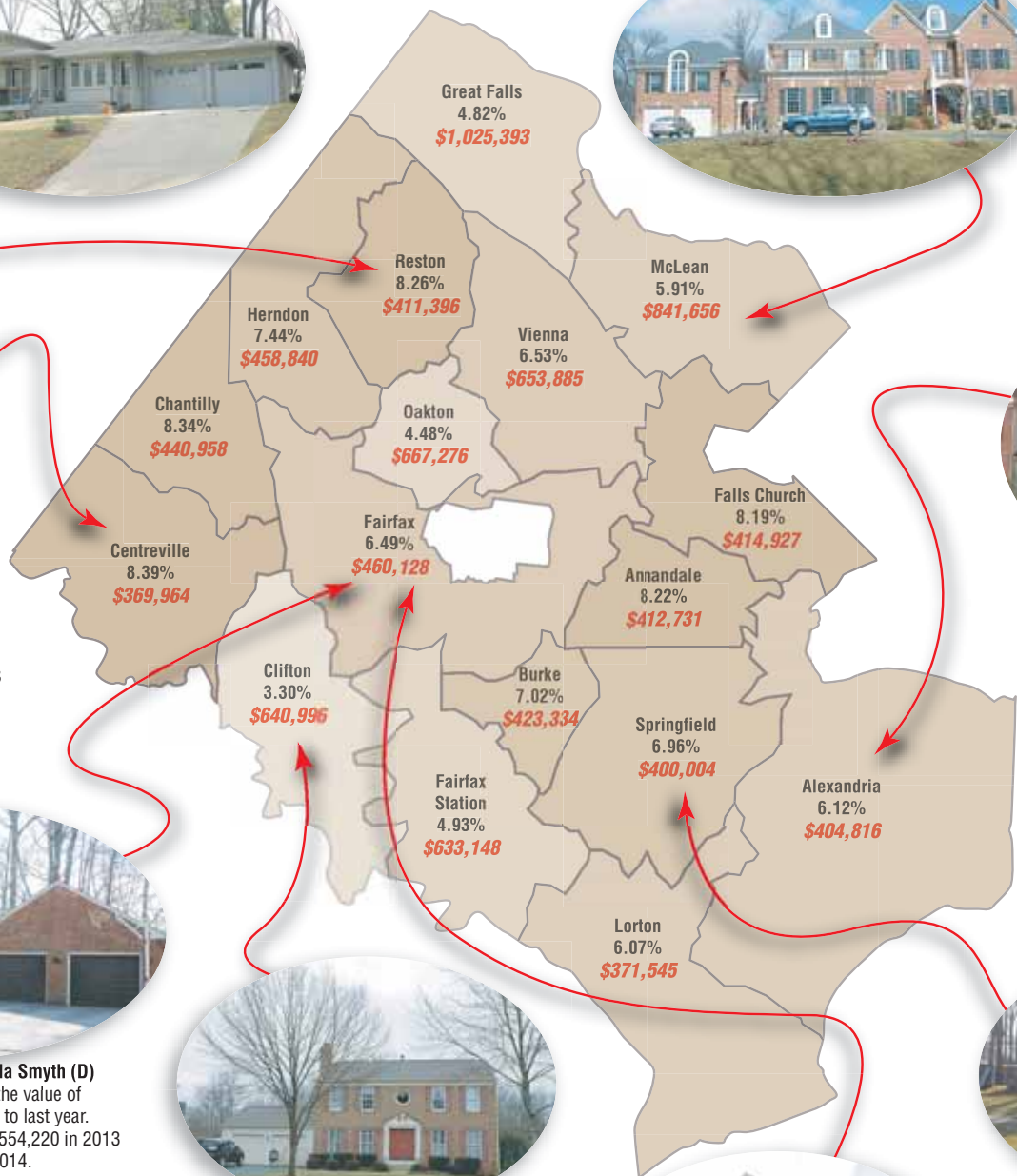
Hunter Mill Supervisor **Cathy Hudgins (D)**
saw her assessment go up 10.80%
from \$575,910 in 2013 to \$638,100 in 2014.



Dranesville District Supervisor **John Foust (D)**
saw a 6.16% drop in his property value when compared to 2013.
The county valued Foust's house at
\$3,109,050 last year and \$2,917,660 this year.



Sully Supervisor **Michael Frey (R)**
saw a 11.96% increase in
the value of his home over the last year.
Frey's home was assessed at \$225,820 in 2013
and \$252,830 in 2014.



Lee Supervisor **Jeff McKay (D)**
saw no change in his home assessment.
This year, his home was worth \$710,220,
same as last year.



Providence Supervisor **Linda Smyth (D)**
saw a 7.22% increase in the value of
her house when compared to last year.
Smyth's home was valued at \$554,220 in 2013
and \$594,220 in 2014.



2014 County Average (Percent Change)
Single Family Detached **\$598,711 (5.82%)**
Townhouse **\$370,849 (8.39%)**
Condos **\$247,943 (10.51%)**



Springfield Supervisor **Patrick Herrity (R)**
saw a 3.56% gain in his property value
when compared to 2013.
Last year, his home was worth \$553,770 and
this year it is valued at \$573,460.



Fairfax County Chairman **Sharon Bulova (D)**
saw her home value go down 2.62%
from \$617,750 in 2013 to \$601,550 in 2014.



Braddock Supervisor **John Cook (R)**
saw a 13.37% increase in
the value of his home over the last year.
Cook's home was assessed at
\$586,220 in 2013 and \$634,760 in 2014.

ZIP CODE AREA	2013 MEAN	2014 MEAN	PERCENT CHANGE
Alexandria/Mount Vernon	381,426	404,816	6.12
Annandale	381,386	412,731	8.22
Burke	395,580	423,334	7.02
Centreville	341,337	369,964	8.39
Chantilly	407,026	440,958	8.34
Clifton	620,491	640,996	3.30
Fairfax	432,104	460,128	6.49
Fairfax Station	603,429	633,148	4.93
Falls Church	383,502	414,927	8.19
Great Falls	978,233	1,025,393	4.82
Herndon	427,060	458,840	7.44
Lorton	350,288	371,545	6.07
McLean	794,688	841,656	5.91
Oakton	638,692	667,276	4.48
Reston	379,741	411,096	8.26
Springfield	373,964	400,004	6.96
Vienna	613,796	653,885	6.53

for single family, townhouses and condominiums

The average assessed value of a
single family home in Fairfax County
for 2014 is \$598,711, up 5.82%

SOURCE: FAIRFAX COUNTY