

## Lake Anne Revitalization Poised for Approval

NEWS, PAGE 3

## Stalled Labor Market Slows County Budget

NEWS, PAGE 4

# Yes, Cats Can Be Trained Too

PET CONNECTION, PAGE 12

Cat training sessions should be kept short, and start with basic behaviors, such as the "sit and stay" command. Pictured are Lisa-Maria Padilla of Reston with Racy Mooner.



# Fairfax County REAL ESTATE

## 2015 Assessments by Area

Hunter Mill Supervisor **Cathy Hudgins (D)** saw no change in her home assessment. This year, her home was worth \$638,100, same as last year.



Dranesville Supervisor **John Foust (D)** saw a 0.75% increase in his property value when compared to 2014. The county valued Foust's house at \$2,917,660 last year and \$2,939,290 this year.



Mason Supervisor **Penelope Gross (D)** saw her home value go up 4.91% from \$440,970 in 2014 to \$462,630 in 2015.



Lee Supervisor **Jeff McKay (D)** saw his assessment go up 9.07% from \$710,220 in 2014 to \$774,620 in 2015.



Braddock Supervisor **John Cook (R)** saw a 4.68% increase in the value of his home over the last year. Cook's home was assessed at \$634,760 in 2014 and \$664,480 in 2015.



Fairfax County Chairman **Sharon Bulova (D)** saw her home value go up 7.36% from \$601,550 in 2014 to \$645,380 in 2015.

Mount Vernon Supervisor **Gerry Hyland** has no property listed.



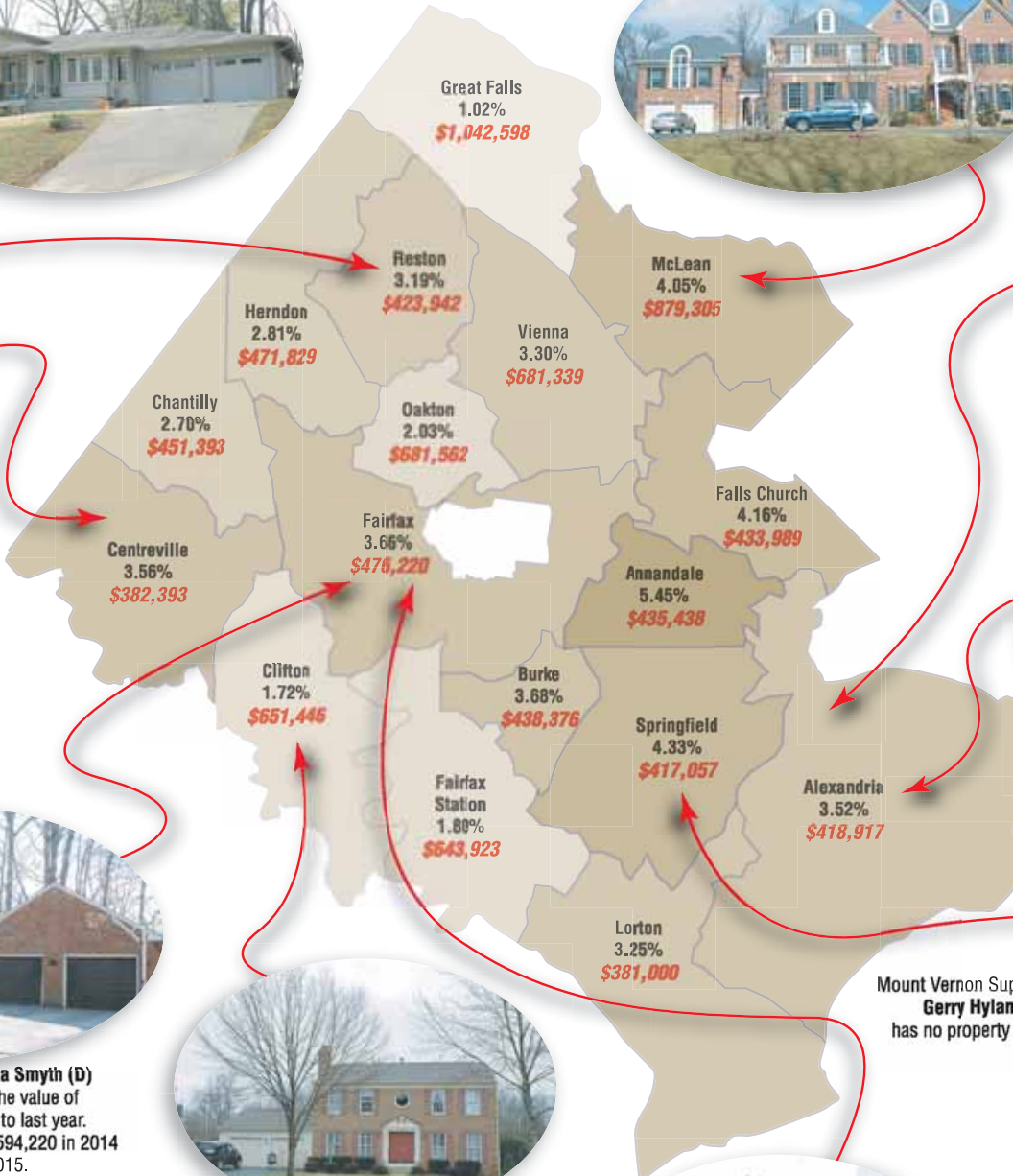
Springfield Supervisor **Patrick Herrity (R)** saw a 4.57% gain in his property value when compared to 2014. Last year, his home was worth \$573,460 and this year it is valued at \$599,660.



Providence Supervisor **Linda Smyth (D)** saw a 2.87% increase in the value of her house when compared to last year. Smyth's home was valued at \$594,220 in 2014 and \$611,280 in 2015.



Sully Supervisor **Michael Frey (R)** saw a 8.57% increase in the value of his home over the last year. Frey's home was assessed at \$252,830 in 2014 and \$274,500 in 2015.



**2015 County Average (Percent Change)**  
Single Family Detached **\$620,080 (3.27%)**  
Townhouse **\$385,338 (3.81%)**  
Condos **\$259,752 (4.48%)**

ZIP CODE AREA	2014 MEAN	2015 MEAN	PERCENT CHANGE
Alexandria/Mount Vernon	404,687	418,917	3.52
Annandale	412,942	435,438	5.45
Burke	422,815	438,376	3.68
Centreville	369,253	382,393	3.56
Chantilly	439,525	451,393	2.70
Clifton	640,436	651,446	1.72
Fairfax	459,412	476,220	3.66
Fairfax Station	632,518	643,923	1.80
Falls Church	416,666	433,989	4.16
Great Falls	1,032,117	1,042,598	1.02
Herndon	458,919	471,829	2.81
Lorton	369,023	381,000	3.25
McLean	845,113	879,305	4.05
Oakton	668,009	681,562	2.03
Reston	410,846	423,942	3.19
Springfield	399,742	417,057	4.33
Vienna	659,582	681,339	3.30

for single family, townhouses and condominiums

The average assessed value of a single family home in Fairfax County for 2015 is \$620,080, up 3.27%

SOURCE: FAIRFAX COUNTY

# Lake Anne Revitalization Poised for Approval

County Board to vote March 3 on plan that includes 1,000 new residences and 193,000 square feet of retail and office space.

BY KEN MOORE  
THE CONNECTION

**A**na Carranza, a single mother of two daughters, told Fairfax County's Board of Supervisors Tuesday, Feb. 17 what the Crescent Apartments has meant to her family and to her neighbors.

One of Carranza's neighbors earns \$32,000 a year and still manages to pay for her son's college tuition, some semesters with a credit card, she said.

Carranza and her two daughters have also made numerous sacrifices to achieve their goals. One daughter is a sophomore Engineering student at Catholic University who brought home another certificate from the Dean last month, she said.

"You cannot imagine how proud I am," Carranza said. "What do our Crescent families want? To get an education for their children and to continue living in a safe, stable and welcoming neighborhood and community," she said.

She wanted the Board of Supervisors to know she hopes that plans to revitalize Lake Anne don't disrupt her home.

Julie Wallick moved to Reston eight years



**An aerial view of the overall development plan at Lake Anne, set for approval at the Board of Supervisors on March 3.**

ago. "I am passionate about Reston, and the housing it affords all of its residents," she said.

Kathryn Laskey is a 28 year resident of Reston. "I moved to Reston because I believe in the Reston vision, where people from all walks of life and income levels live and work together in a vibrant community," she said.

John Lovaas enjoys working at the Farmers Market. He wanted to make sure the revitalization of Lake Anne Village continues to connect the people of Reston.

"For the better part of 12 years I've been a critic of prior plans and processes that would have failed to unify the neighborhood, to keep Lake Anne's village charm," he said.

"I'm very pleased to be here today for this discussion on this extraordinary plan for my neighborhood. It's been a long time coming."

Despite snow that cancelled all local school systems and the Federal government, seven people testified before Fairfax County Board of Supervisors on the redevelopment and revitalization of Lake Anne, in addition to County planners and architects of the plan.

The proposal includes more than 1,000 new residences and 193,000 square feet of retail and office space. There will be 185 new affordable apartments in two five-story buildings to replace the 181 existing affordable units at the Crescent Apartments.

"The testimony warms my heart today,

## Elements of Lake Anne Plan

- ❖ 1,037 new mixed-income residential units in a range of housing types
  - ❖ 111,471 square feet of dynamic new retail including a 15,800-square-foot boutique grocery
  - ❖ 82,454 square feet of office space
  - ❖ Amphitheater with outdoor movie screen
  - ❖ Expanded plaza with community gathering area
  - ❖ Multiple public parks
  - ❖ More than mile-long Crescent Trail, a new trail connecting to the Reston Trail System
  - ❖ Underground parking
  - ❖ Two new urban streets with linear bio-filtration areas, LED lighting, on-street parking, shade trees and benches
- MORE: see <http://lakeannedevelopmentpartners.com/>

because I think all the conversation we heard was positive," said Hunter Mill Supervisor Cathy Hudgins.

Lake Anne has always been a community of diversity, she said.

"I hope this project serves as a great project for Reston but also serves as a great project for Fairfax County," she said.

The Fairfax County Planning Commission recommended approval of the project on Jan 22. The Board of Supervisors will vote on the redevelopment proposal at its regularly scheduled meeting on March 3.

**LAKE ANNE** turned 50 years old in 2014, the year Reston's founder turned 100.

"Lake Anne is still taught today as a case study at almost every American architecture and urban-design program," said Michael E. Hickok, architect of the redevelopment proposal. "To say it was ahead of its time is an understatement."

Hickok wanted to design a plan that fulfilled "the spirit and image of Robert E. Simon's vision of 50 years ago," and stands for the next 50 years.

## THIS WEEK IN RESTON

### Celebrating Black History Month

Reston Historic Trust (RHT) and Museum, in partnership with United Christian Parish, will present a program to celebrate Black History Month on Thursday, Feb. 26, 7 - 9 p.m., at the United Christian Parish Church, 11408 North Shore Drive, Reston, Rooms 113-115.

Rev. Laverne Gill, creator and producer of the Comcast television show Reston's African American Legacy, and Laura Thomas, retired educator and long time Reston resident, will moderate the panel discussion, video presentation and community dialogue. Panel members include:

- ❖ Bob Secundy, a Reston resident since 1967 who was active in the Reston Black Focus and Fairfax County government;
- ❖ Martin Taylor, resident since 1972 who is now an aide to Fairfax County Supervisor Catherine M. Hudgins working

on housing, human services and budget issues; and

- ❖ Two South Lakes High School students.

The video portion of the program features interviews by Rev. Gill from her television show.

Admission is free.

For more information, call Reston Museum at 703-709-7700, email [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com), or visit [www.restonmuseum.org](http://www.restonmuseum.org).

### Community Summit Saturday

Hunter Mill Supervisor Cathy Hudgins will host a Community Summit on Saturday, Feb. 28 at Herndon's Frying Pan Park, 2709 West Ox Road.

The event is scheduled to begin at 8:30 a.m. and Hudgins will "kick-off" the presentations by giving residents a "virtual field trip" of the Hunter Mill District at 9 a.m.

County Executive Ed Long will present his

proposed budget after Chairman Sharon Bulova discusses the county's priorities. Hunter Mill School Board member Pat Hynes is scheduled to give a report on the schools.

In addition to giving the public a chance to ask questions, Hudgins plans a "Hunter Mill Huddle," ideas from policy makers in the Hunter Mill District, especially focusing on human services needs.

The Fairfax County Department of Taxation will address questions about the Fairfax County real estate tax.

See [fairfaxcounty.gov/huntermill](http://fairfaxcounty.gov/huntermill)

### Former Visitors Center

Should the Reston Association purchase the Tetra property at 11450 Baron Cameron Ave.?

Should the Reston Association, acting through the Board of Directors, borrow up to \$2.65 million to purchase the property

and use it for future community and recreation uses?

The Reston Association's Board of Directors will hold a public hearing on Thursday, Feb. 26 to gather feedback on Reston Association's referendum question concerning purchasing the Tetra property. Another public hearing is currently scheduled for March 26.

The Board also seeks input on the best uses for the facility during Thursday's public hearing.

The Reston Association Board of Directors meeting is scheduled for 6 p.m. at 12001 Sunrise Valley Drive.

The Board voted last month to approve sending the issue of purchasing the Tetra Property (the former Reston Visitor's Center) to referendum. The voting period is tentatively scheduled for April 13 to May 8. The Board of Directors hopes to announce the referendum results on May 11.

Call 703-435-6570 or visit the web site at [www.reston.org](http://www.reston.org).

# Stalled Labor Market Slows County Budget

Proposed budget calls for no real estate tax rate increase, but average homeowner would pay \$184 more.

BY KEN MOORE  
THE CONNECTION

Supervisor Jeff McKay pointed out the irony in County Executive Ed Long's proposed \$3.8 billion budget. Three planning positions would be eliminated from the budget even though Long suggested the county needs more efforts to raise revenue from commercial and industrial venues.

"A timely planning process in revitalization is important in economic development," said McKay after Long's 30-minute presentation to the Board of Supervisors on Tuesday, Feb. 17. "The planner piece is not going in the same direction as the economic development question."

McKay pointed to redevelopment along the Route 1 corridor as a source of economic growth that would require extra input from planning. Long agreed that the county urgently needs to expand the nonresidential tax base in the county.

Commercial assessments dropped 0.6 percent, while residential assessments increased 3.4 percent. Commercial vacancy rates are higher than they have been since 1991. Although the U.S. economy grew at an estimated rate of 2.6 percent during the fourth quarter of 2014, "we are clearly underperforming the national economy," Long told the Supervisors, mostly due to the sequester and reductions in federal spending and contracting.

"Our economy is very dependent on people buying cars, buying houses and shopping," Long said.

Long forecasts no significant improvements in the short term future. "We cannot fund all our priorities and investments." Most departments, aside from public safety, will see some expenditure reduction.

Just 5,100 jobs were created in Northern Virginia in 2014, less than half of the 11,900 jobs created in 2013, which is half the number of jobs (25,250) created on average in 2011 and 2012.

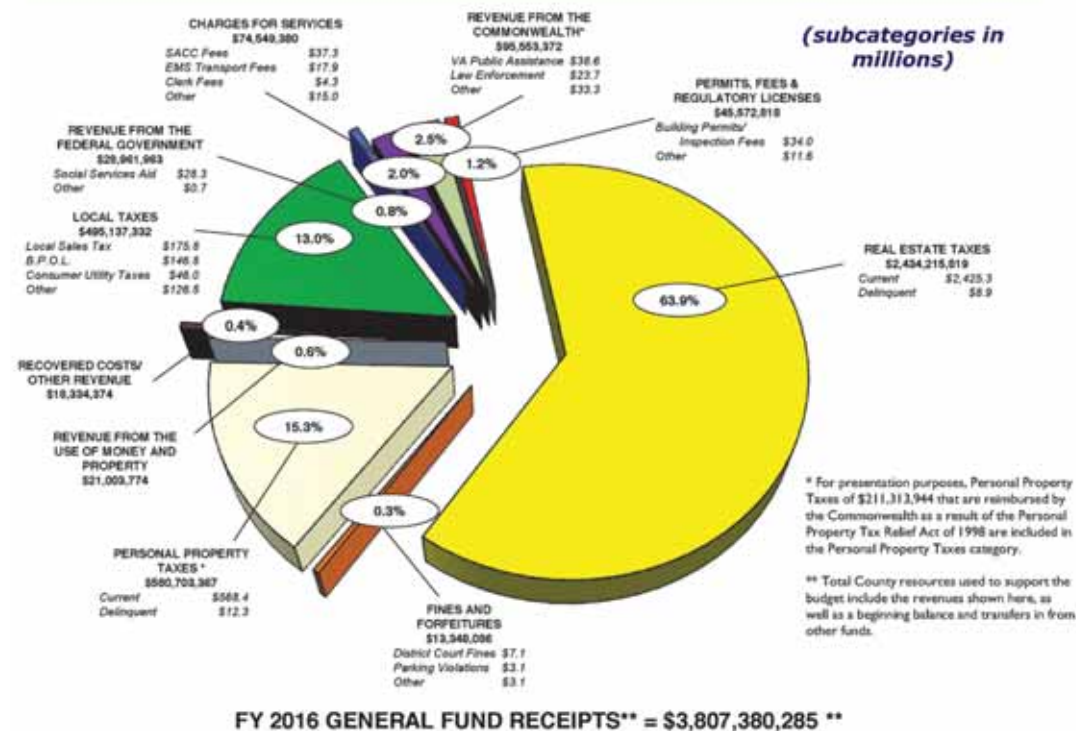
"It is a bit sobering," said Hunter Mill Supervisor Catherine Hudgins.

## Budget Schedule

March 3: Board advertises FY 2016 tax rate  
April 7-9: Public hearings  
April 21: Budget markup  
April 28: Budget adoption

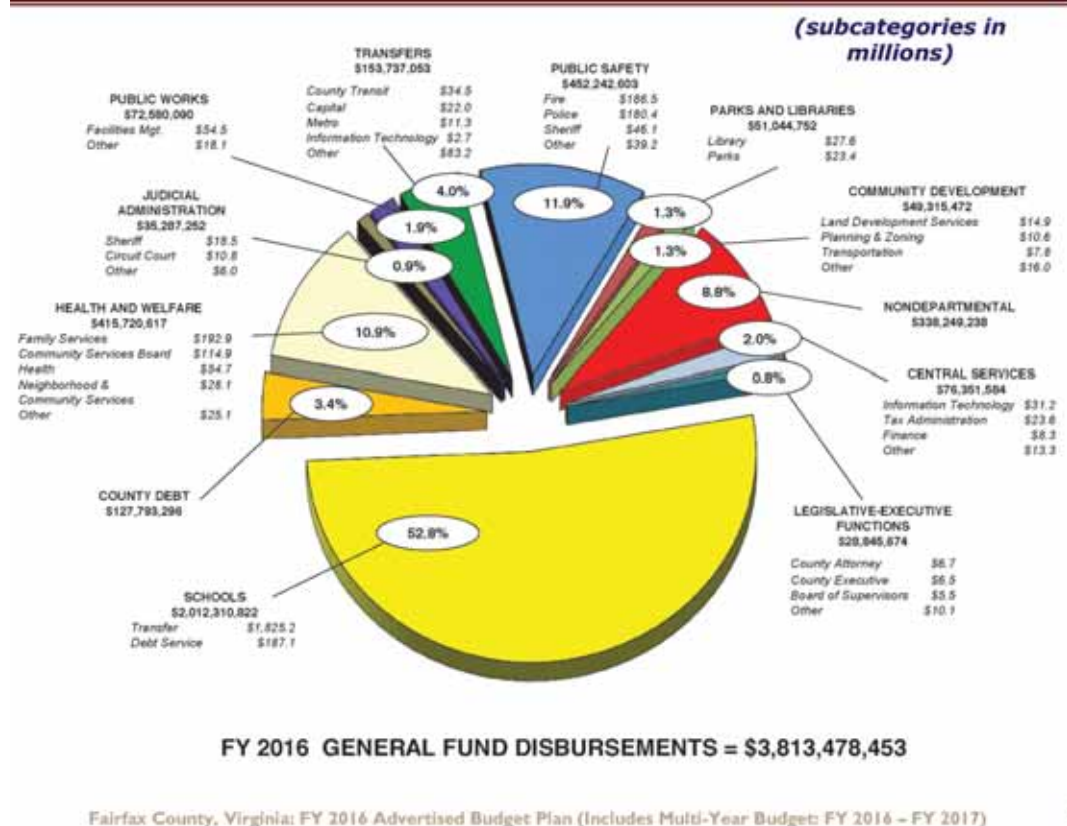
To sign up to speak at one of the public hearings, call the Clerk to the Board's Office at 703-324-3151 or 703-324-2391 (TTY 711) or to access the form to sign up to speak, go to [https://www.fairfaxcounty.gov/bosclerk/speaker\\_bos.htm](https://www.fairfaxcounty.gov/bosclerk/speaker_bos.htm) The public can send written testimony or communicate with the Clerk's Office by email at: [clerktothebos@fairfaxcounty.gov](mailto:clerktothebos@fairfaxcounty.gov)

## FY 2016 Advertised Budget Plan: "Where it Comes From"



This pie chart shows sources of county revenue, with 64 percent coming from real estate taxes.

## FY 2016 Advertised Budget Plan: "Where it Goes"



This pie chart shows county expenditures, with 52.8 percent going to Fairfax County Public Schools, and 12 percent to public safety.

## Budget Town Hall Meetings

Hunter Mill District Budget Meeting  
Frying Pan Park, 2709 West Ox Road,  
Herndon  
Saturday, Feb. 28, 9 a.m.

Dranesville District Budget Meeting 1  
Great Falls Library, 9830 Georgetown  
Pike, Great Falls  
Wednesday, March 4, 7 p.m.

Dranesville District Budget Meeting 2  
McLean Community Center, 1234  
Ingleside Avenue, McLean  
Wednesday, March 11, 7:30 p.m.

Providence District Budget Meeting  
Providence Community Center, 3001  
Vaden Drive, Fairfax - Multi-  
Purpose Room 2  
Wednesday, March 11, 7 p.m.

Chairman Bulova's Community  
Dialogue on the Budget  
Fairfax County Government Center,  
12000 Government Center  
Parkway, Fairfax - Conference  
Room 9/10  
Saturday, March 14, 2:30 p.m.

Sully District Budget Meeting  
Rocky Run Middle School - Cafeteria -  
4400 Stringfellow Road, Chantilly  
Wednesday, March 25, 7 p.m.

Braddock District Budget Meeting  
Braddock Government Center, 9002  
Burke Lake Road, Burke - Braddock  
Hall  
Wednesday, March 11, 7:30 p.m.

Chairman Bulova's Community  
Dialogue on the Budget, South  
South County Center, 8350 Richmond  
Highway, Alexandria - Room 221  
Saturday, March 14, 10 a.m.

## 5 Things to Know about the Budget

- ❖ One penny change in the real estate tax rate, currently \$1.09, is worth \$22.6 million.
- ❖ The average 2014 home selling price, \$517,000, has still not reached its previous peak value of \$543,271 achieved in 2005.
- ❖ Direct office vacancy rate was 15.2 percent as of mid-year 2014, the highest office vacancy rate since 1991.
- ❖ Fairfax County Public Schools request \$14 million more than is in the current proposed budget. Schools ask for a 3.99 percent increase; the current county budget proposal includes 3.43 percent increase over last year.
- ❖ School Age Child Care (SACC) fees restructured to generate revenue and to better reflect income levels and affordability for participating families. Full paying families will see an increase of 8 percent.

# A ragweed pollen as a treatment for a ragweed allergy?

It's called immunotherapy.

**RAGWITEK.**  
An immunotherapy tablet made from ragweed pollen.

  
**RAGWITEK®**  
Short Ragweed Pollen Allergen Extract  
Tablet for Sublingual Use 12 Amb a 1-U



Make an appointment with your allergy specialist and ask if RAGWITEK is right for you.



Not actual size.

Immunotherapy is what RAGWITEK is all about—it uses ragweed pollen, which may help you gradually build tolerance so you become less sensitive to that very same allergen. RAGWITEK is a once-a-day tablet that dissolves quickly when placed under the tongue. After taking it, don't swallow for at least 1 minute. Taken over time, it helps treat that allergic reaction which causes eye and nasal symptoms associated with ragweed allergies.

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen.

RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout the ragweed pollen season.

RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

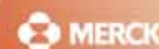
## Important Safety Information about RAGWITEK

- RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get immediate medical treatment right away if you have any of the following symptoms after taking RAGWITEK: trouble breathing; throat tightness or swelling; trouble swallowing or speaking; dizziness or fainting; rapid or weak heartbeat; severe stomach cramps or pain, vomiting, or diarrhea; severe flushing or itching of the skin.
- Do not take RAGWITEK if you have severe unstable, or uncontrolled asthma; had a severe allergic reaction in the past that included trouble breathing, dizziness or fainting, or rapid or weak heartbeat; had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before; have ever been diagnosed with eosinophilic esophagitis or are allergic to any of the inactive ingredients contained in RAGWITEK.
- For home use of RAGWITEK, your doctor will prescribe epinephrine if you have a severe allergic reaction after taking RAGWITEK. Talk to your doctor or read the epinephrine patient information.
- The first dose of RAGWITEK must be taken in the doctor's office. After taking the first dose, you will be watched for at least 30 minutes by a healthcare professional for symptoms of a serious allergic reaction.
- You should tell your doctor about any medicines you take.
- Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK: Any type of a serious allergic reaction; heartburn, difficulty swallowing or pain with swallowing, or chest pain that does not go away or worsens; any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat.
- The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please read the Brief Summary on the following page for more detailed information.**

Copyright ©2015 Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.** All rights reserved. RESP-1125099-0007 01/15



## Brief Summary



**RAGWITEK®**

Short Ragweed Pollen Allergen Extract  
Tablet for Sublingual Use 12 Amb a 1-U

Carefully read the Medication Guide before you start taking RAGWITEK® and each time you get a refill. This Brief Summary does not take the place of talking with your doctor about your medical condition or treatment. Talk with your doctor or pharmacist if there is something you do not understand or if you want to learn more about RAGWITEK.

### What is the Most Important Information I Should Know About RAGWITEK?

RAGWITEK can cause severe allergic reactions that may be life-threatening. Stop taking RAGWITEK and get medical treatment right away if you have any of the following symptoms after taking RAGWITEK:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration of RAGWITEK, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking RAGWITEK. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine. Talk to your doctor or read the epinephrine patient information if you have any questions about the use of auto-injectable epinephrine.

### What is RAGWITEK?

RAGWITEK is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat ragweed pollen allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. RAGWITEK may be prescribed for persons 18 through 65 years of age who are allergic to ragweed pollen. RAGWITEK is taken for about 12 weeks before ragweed pollen season and throughout ragweed pollen season. RAGWITEK is NOT a medication that gives immediate relief for symptoms of ragweed allergy.

### Who Should Not Take RAGWITEK?

You should not take RAGWITEK if:

- You have severe, unstable or uncontrolled asthma
- You had a severe allergic reaction in the past that included any of these symptoms:
  - o Trouble breathing
  - o Dizziness or fainting
  - o Rapid or weak heartbeat
- You have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You have ever been diagnosed with eosinophilic esophagitis.
- You are allergic to any of the inactive ingredients contained in RAGWITEK. The inactive ingredients contained in RAGWITEK are: gelatin, mannitol, and sodium hydroxide.

### What Should I Tell My Doctor Before Taking RAGWITEK?

Your doctor may decide that RAGWITEK is not the best treatment if:

- You have asthma, depending on how severe it is.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD).
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.

- You are pregnant, plan to become pregnant during the time you will be taking RAGWITEK, or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to RAGWITEK.
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
  - o beta blockers and alpha-blockers (prescribed for high blood pressure)
  - o cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
  - o diuretics (prescribed for heart conditions and high blood pressure)
  - o ergot alkaloids (prescribed for migraine headache)
  - o monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
  - o thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of RAGWITEK. Ask your doctor or pharmacist for advice before taking RAGWITEK. RAGWITEK is not indicated for use in children under 18 years of age.

### Are There Any Reasons to Stop Taking RAGWITEK?

Stop RAGWITEK and contact your doctor if you have any of the following after taking RAGWITEK:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing, or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking RAGWITEK following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

### How Should I Take RAGWITEK?

Take RAGWITEK exactly as your doctor tells you. RAGWITEK is a prescription medicine that is placed under the tongue.

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved. Do not swallow for at least 1 minute.
- Do not take RAGWITEK with food or beverage. Food and beverage should not be taken for the following 5 minutes.
- Wash hands after taking the tablet.

Take the first tablet of RAGWITEK in your doctor's office. After taking the first tablet, you will be watched for at least 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose of RAGWITEK, you will continue RAGWITEK therapy at home by taking one tablet every day. Take RAGWITEK as prescribed by your doctor until the end of the treatment course. If you forget to take RAGWITEK, do not take a double dose. Take the next dose at your normal scheduled time the next day. If you miss more than one dose of RAGWITEK, contact your healthcare provider before restarting.

### What are the Possible Side Effects of RAGWITEK?

The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side

effects, by themselves, were not dangerous or life-threatening. RAGWITEK can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to RAGWITEK include:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For additional information on the possible side effects of RAGWITEK talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or [www.fda.gov/medwatch](http://www.fda.gov/medwatch).

This Brief Summary summarizes the most important information about RAGWITEK. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about RAGWITEK that was written for healthcare professionals. For more information, go to: [www.ragwitek.com](http://www.ragwitek.com) or call 1-800-622-4477 (toll-free).

**The Medication Guide has been approved by the U.S. Food and Drug Administration.**

Manufactured for: Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**, Whitehouse Station, NJ 08889, USA

Manufactured by: Catalent Pharma Solutions Limited, Blagrove, Swindon, Wiltshire, SN5 8RU UK

**For more detailed information, please read the Prescribing Information.**

usmg-mk3641-sb-1404r000

Revised: 04/2014

Copyright © 2015 Merck Sharp & Dohme Corp., a subsidiary of **Merck & Co., Inc.**  
All rights reserved.  
RESP-1125099-0007 01/15



## Reston's Pet Gallery



"Angus, the Scottie for all seasons! Angus is a 5-year-old Scottish terrier, born in Iowa and moved to Reston as a tiny 5-week-old puppy, to be with the Lovaas family. His closest friends are our two grandchildren, Joy and Cole. Here he is on Lake Anne, explaining the finer points of boating to Joy."

- FRANCES LOVAAS

"Mia takes the best pictures, most likely due to her black and white contrast of her fur. In this picture, she went up to sleep on a pillow as my husband, Chuck Norris (not the movie star), was working and he snapped this shot."

- MARY BALBONI, RESTON

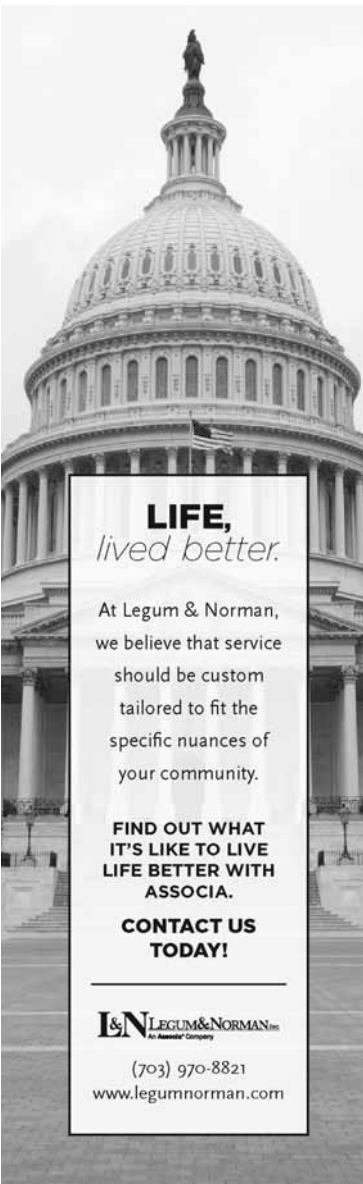


"Duncan, an American Staffordshire terrier, sunning himself in the sun on a cold winter day, practicing for his glamour shot. A tan AmStaff is rare and we think Duncan is the most beautiful dog there is, but don't tell my other dogs..."

- MARY BALBONI, RESTON

"Our Shetland sheepdog 'Max,' adopted from the Animal Welfare League of Arlington in 2005, and our cat 'Callie,' also adopted from AWLA in 2011. Max and Callie enjoy lounging in our sunny front foyer. Max will be 14 this year and Callie is approximately 9 years old."

- DONNA RICHARDS & JOHN SOMIAK, RESTON

**LIFE,**  
*lived better.*

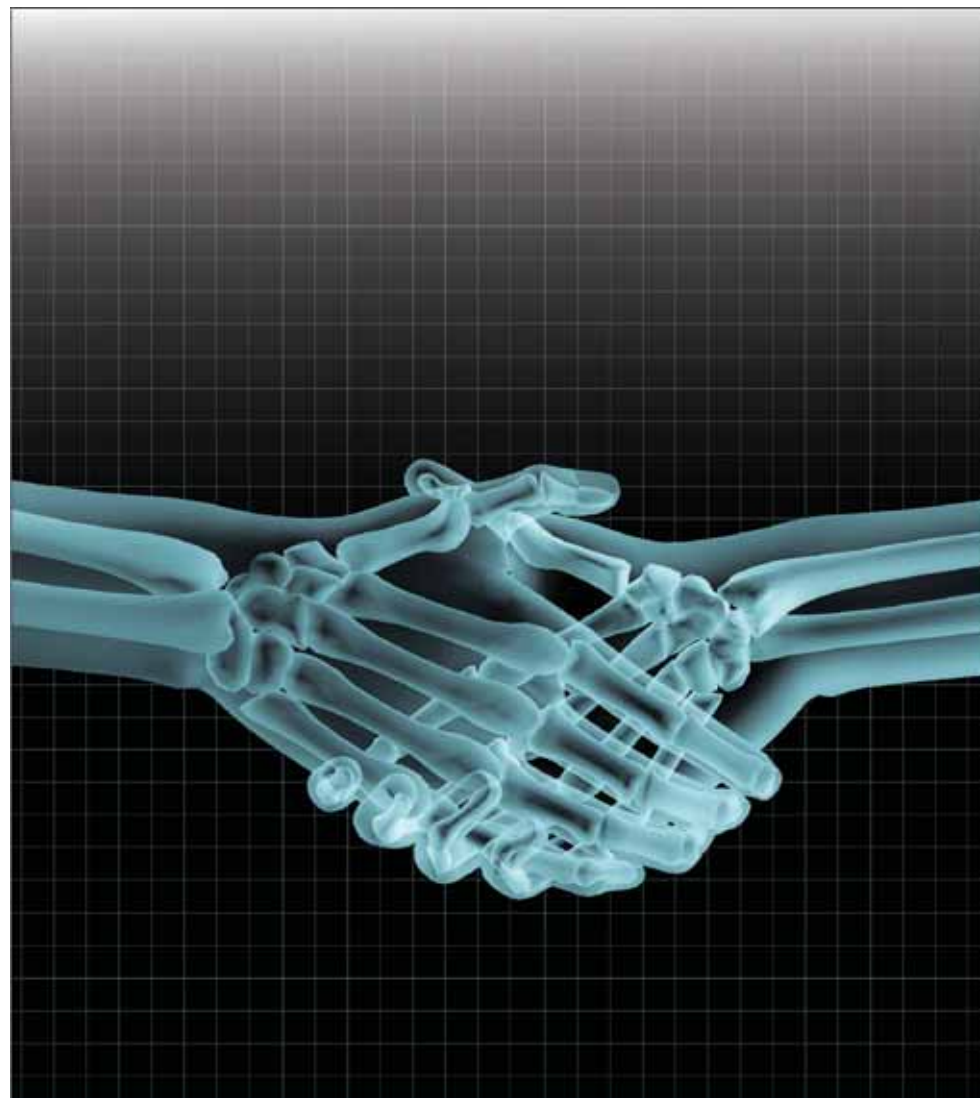
At Legum & Norman, we believe that service should be custom tailored to fit the specific nuances of your community.

**FIND OUT WHAT IT'S LIKE TO LIVE LIFE BETTER WITH ASSOCIA.**

**CONTACT US TODAY!**

**L&N** LEGUM & NORMAN  
An Assenda Company

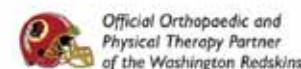
(703) 970-8821  
[www.legumnorman.com](http://www.legumnorman.com)



## Commonwealth Orthopaedics has merged with OrthoVirginia.

This merger means that Commonwealth Orthopaedics will now be known as OrthoVirginia. While our name may be new, our doctors, our staff, our locations and our commitment to our patients haven't changed at all. Call us or visit our website to learn more.

A new name.  
The same commitment.  
Getting **you** back to your life.



703.277.BONE (2663) | [orthovirginia.com](http://orthovirginia.com)

# OPINION

## Managing Mental Illness in Jails

### Natasha McKenna's death provides window on national concern.

A national report released on Feb. 11 highlighted the prevalence of people with mental illness incarcerated in local jails. "Serious mental illness, which includes bipolar disorder, schizophrenia, and major depression, affects an estimated 14.5 percent of men and 31 percent of women in jails — rates that are four to six times higher than in the general population. ... While most people with serious mental illness in jails, both men and women, enter jail charged with minor, nonviolent crimes, they end up staying in jail for longer periods of time." See vera.org.

Natasha McKenna, a woman with a long history of severe mental illness, died on Feb. 8, five days after being repeatedly shocked with a taser, restrained, hooded and forcibly removed from her cell by six deputy sheriffs "pursuant to its protocols for managing combative inmates."

McKenna, a small woman according to press reports, had been held in the Fairfax County

Detention Center since Jan. 26, on a warrant from the City of Alexandria. Fairfax deputies were forcibly extracting her from her cell so she could be transported to the Alexandria jail.

Here is part of the police release on the incident:

"During the struggle to restrain McKenna, a member of the Sheriff's Emergency Response Team deployed a conducted energy weapon (Taser) on McKenna.

While being restrained, deputies placed a spit net (which is designed to restrict and prevent spitting) on McKenna. A nurse from the ADC medical staff was present at that time to check on her prior to transport and cleared her for transport. Deputies attempted to put her in a medical transport chair, but McKenna continued to be combative and was moved to a restraint chair for transport."

To understand a little of what was happening, search for images of "spit net" and "prisoner restraint chair."

When the emergency response team was getting ready to load McKenna into a vehicle, "medical personnel from the Fairfax County Sheriff's Office checked McKenna and determined she was experiencing a medical emergency."

McKenna never regained consciousness.

The incident was recorded on video, but "the video is currently retained as evidence by detectives from the Fairfax County Police Department and will not be released at this time."

Less than two weeks after McKenna's death, the public knows a lot more about the details of this incident than previous cases involving the Fairfax County Police, but questions of what happened, how and why, greatly outnumber answers.

It is standard operating procedure in the United States to warehouse disruptive people with mental illness in jails. A 2006 Special Report by the Bureau of Justice Statistics estimated that 705,600 mentally ill adults were incarcerated in state prisons, 78,800 in Federal prisons and 479,900 in local jails, according to the National Institute for Corrections.

We have to ask what constitutes humane, effective treatment for people with mental illness, and often substance use disorders, who end up in jails.

Are the brutal images of Natasha McKenna's handling a common experience for people with severe mental illness in jails? While deaths resulting from such incidents are rare, they do occur. What can be done to provide treatment?

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Efficiency Over Effectiveness

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

At the time of this writing, the General Assembly seems to be on course for an earlier than scheduled Feb. 28 adjournment date. For a part-time legislature that in recent years has found it difficult to stay within its 60-day session in the even-numbered years and 45-day session in the odd-numbered years, finishing work ahead of schedule would be unprecedented. The good news for the Commonwealth would be savings in the money it costs to run the legislature; for many members who have employment obligations and for all who leave their families, an early adjournment would mean a return to normal living. For legislative members running for re-election—all of us this year because all House of Delegates and State Senate seats are up for election this November—adjournment of the General Assembly would mean an early start to fundraising prohibited during the legislative session and campaigning.

Among those who believe the old adage that "the Commonwealth in its persons and prop-



erty is never safe when the legislature is in session" there is probably a collective sigh of relief when the legislature adjourns *sine die* (without a future date set).

Adoption of various forms of technology over the past several years has

sped up the law-making process. For most members, the process is now essentially paperless.

Mammoth bill binders have been replaced with laptops and iPads. The floor voting system that was a series of electric switches when I first went to the legislature is now electronic. Citizens have complete access to bill texts and histories, including member voting records at <http://lis.virginia.gov/151/mbr/MBR.HTM>.

A serious question remains as to whether the push for efficiency and early adjournment is in the best interests of constituents.

While more than 2,500 bills and resolutions were considered in record time, did the work of the people get done? In too many major instances it is clear that important work was put

aside in the interest of efficiency that represents a serious loss to constituents. Certainly the refusal to take up Medicaid expansion reduced debate, but it meant the loss of health care coverage for nearly 400,000 working poor Virginians and the loss of billions of dollars paid by Virginia taxpayers that will not be returned to the state. Lost, too, is the economic stimulus that would have come from the provision of more health care services in the state. I am not sure that advocates of the state ratifying the Equal Rights Amendment, establishing an independent redistricting commission, or passing common sense gun safety measures will be too impressed with the efficiency of the legislature that came at the expense of their issue not being adequately addressed.

Nor will local governments and school boards and colleges and universities that are being severely pinched by reductions in state assistance.

A more significant metric that should be applied to the General Assembly is not how few or how many days the members were at the Capitol but rather how many significant issues faced by Virginians were effectively addressed.

heads in shame at the shenanigans that went on in the Virginia legislature this session over gun laws. Our not-so esteemed lawmakers killed any efforts to make our communities safer from gun violence. They even killed a bill that would make it illegal for a 4-year old to have a gun! Talk about monkey business. The Senate bill to take away guns from stalkers, sexual batterers and domestic abusers was

SEE LETTERS, PAGE 13

### LETTERS TO THE EDITOR

## Monkey Business Is Deadly Business

To the Editor:

Maybe I missed hearing about it the last time a monkey attacked its owner. But I sure remember each time an estranged husband or boyfriend blows away his wife or girlfriend and her innocent children. I feel the pain and dis-

gust in my gut.

Apparently Virginia lawmakers don't have that same reaction because they voted to kill legislation that would ban convicted domestic abusers, stalkers or those convicted of sexual battery from having guns. But they did pass a bill to make it illegal to own a pet monkey because monkeys can sometimes be violent.

Virginia's illustrious forefathers—Washington, Madison and Jefferson—would hang their

Reston  
**CONNECTION**

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

@RestonConnect

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

Published by  
**Local Media Connection LLC**

**1606 King Street  
Alexandria, Virginia 22314**

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
[reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Ken Moore**  
Community Reporter  
240-393-2448  
[kmoore@connectionnewspapers.com](mailto:kmoore@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

**Ryan Dunn**  
Contributing Writer

**ADVERTISING:**  
For advertising information  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Trisha Hamilton**  
Display Advertising  
703-778-9419  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Louise Krafft,  
Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

**CIRCULATION: 703-778-9426**  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



**Tree Clearance Sale**  
**30% OFF**  
All Trees 2013 & Prior

**Selected indoor plants 1/2 price**

**Blooming Tropicals 75% Off**

Concrete Fountains, Benches, Statuary and Birdbaths 25% off

Cactus, Succulents 25% off

**Fragrant, blooming Citrus Plants 10% Off**

**Free Estimates**  
Patios, Walkways, Retaining Walls, Paver Driveways, Landscaping!

**60-75% Off Pottery**  
Lowest Prices Since 2008!

Playground Chips & Organic Compost **\$29.99 cu. yd.**

Bagged, Shredded Hardwood Mulch **\$3.49 (3 cu. ft. bags)**

**Bulk Mulch FREE Fill**  
**\$19.99 cu. yd.**

**Cravens Nursery & Pottery**  
9023 Arlington Blvd., Fairfax, Virginia  
2 miles west of I-495 on Rt. 50,  
1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
Open 7 days a week  
Visit our new Web site: [www.cravensnursery.com](http://www.cravensnursery.com)

## Bathroom Remodel Special \$6,850

### Celebrating 15 Years in Business!

## TWO POOR TEACHERS

### Kitchen and Bathroom Remodeling



**Free Estimates**  
**703-999-2928**



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed  
Est. 1999



**"With Cardinal, our dream kitchen became a reality."**



**1.79% APR** FOR THE FIRST 12 MONTHS  
**THEN AS LOW AS 3.00% APR**

### A Home Equity Line from Cardinal Bank

The promotional rate of **1.79% APR** is available for the first 12 months. After the promotional period, the APR is the **Wall Street Journal Prime minus 0.25%\*** for the life of the line. Rate will not go below **3.00% APR**. APR effective as of 2/1/15 on home equity lines of \$25,000 and above and is subject to change.

Terms and Conditions: Limited time offer. Annual Percentage Rate (APR) effective as of 2/1/15 on Home Equity Lines \$25,000 and above and is subject to change. The 1.79% APR is valid for twelve months. After the initial twelve months, the rate is subject to change monthly based upon changes in the Wall Street Journal Prime Rate. \*With Auto Debit of Minimum Monthly Payments from a Cardinal Bank deposit account, after twelve months, the interest rate adjusts to a variable rate equal to the Wall Street Journal Prime Rate minus 0.25% (current APR 3.00%). The minimum APR will not go below 3.00% and the maximum APR will not exceed 24%. Auto debit of minimum monthly payments from a Cardinal Bank account is required to obtain this product at this rate. Without Auto Debit of Minimum Monthly Payments from a Cardinal Bank deposit account, after twelve months, the interest rate adjusts to a variable rate equal to the Wall Street Journal Prime Rate plus 0.25% (current APR 4.50%). The minimum APR will not go below 4.50% and the maximum APR will not exceed 24%. The Home Equity Line of Credit has an annual fee of \$50. Available for principal residences only located in the Washington metropolitan area. Cooperatives and purchase money loans are not eligible. Rates apply to loan-to-value ratios of up to 80% when the appraised value is \$750,000 or less, 75% when the appraised value is \$750,001 to \$1,250,000 and 65% for properties valued from \$1,250,001 - \$2,000,000. Lesser of 65% maximum loan-to-value or \$937,500 for First Trust lines of credit up to \$2,000,000 max limit. Property insurance is required. Standard lines of credit up to \$250,000 come with a no closing cost offer. If you close your account within 36 months, closing costs must be reimbursed. Title insurance and/or appraisal may be required. We cap the maximum property value at \$2,000,000. The minimum line amount is \$25,000, with a minimum initial advance of \$10,000. Offers subject to credit approval and are for new accounts only. Other products and terms may exist for applications which do not qualify under above conditions. Interest paid on home equity account may be tax deductible. Consult your tax advisor regarding tax advantages.

**Member FDIC**  
**703.584.3400**

**CARDINAL**  
Bank

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

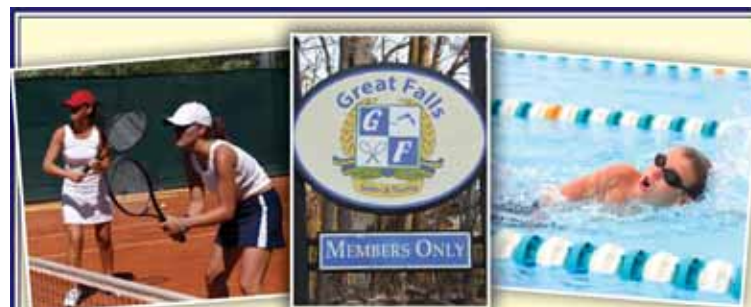


**OSHER LIFELONG LEARNING INSTITUTE**  
AT GEORGE MASON UNIVERSITY  
*Broadening Horizons Together*

The Osher Lifelong Learning Institute is an affiliate of George Mason University providing educational, cultural and social opportunities to active and intellectually curious adults 50+. OLLI-Mason Spring Term 2015 registration is now open. To view the spring catalog of courses and special events, visit the OLLI website at [olli.gmu.edu](http://olli.gmu.edu).



For more information, contact 703-503-3384 or [olli@gmu.edu](mailto:olli@gmu.edu).



## Memberships Available For 2015

### GREAT FALLS SWIM & TENNIS

SWIM TEAM • DIVE TEAM • SIX LIGHTED TENNIS COURTS  
HEATED TENNIS BUBBLE • PADDLE BALL • HANDBALL  
BASKETBALL COURT • SUMMER CAMPS • SOCIAL EVENTS

Great Falls Swim and Tennis offers its members and their families a casual environment for the enjoyment of swimming, tennis and social programs right in the heart of downtown Great Falls.

Our facilities include a large, heated pool with two diving boards, a wading pool, changing rooms, a covered pavilion, six lighted tennis courts (4 clay, 2 hard), a heated bubble for indoor tennis from October through April, a lighted platform handball/basketball court, a picnic and grill area, snack bar and large grass area for volleyball, tetherball, lacrosse, soccer and numerous other outdoor games.

Club activities include: adult and junior tennis year-round private and group lessons, camps and tournaments with two of Northern Virginia's top tennis professionals, adult and junior NVTL tennis teams, junior NVSL swim and dive teams, tennis, swim & dive group and/or private lessons and social activities.



FOR MORE INFORMATION PLEASE CONTACT  
SHERI AT [slandf@aol.com](mailto:slandf@aol.com) | [www.gfsandt.com](http://www.gfsandt.com)

## PET CONNECTION



**Macska Worker takes great interest in the photos that get published in the Connection, especially hers.**



**Bentley sure knows how to pose! The 5-year-old Shih Tzu is a real “Mama’s Boy” although he does enjoy the company of his “sister” Emily – especially since she is known to share her food goodies.**



**“He had such a kind face,” said adoptive “mom” Dee. Dee and Boomer met at the Lake Anne PetMac during a pet adoption event. “I knew right away he was the one,” Dee said.**



**Katie Shaw, manager of the Walker Nature Center in Reston lets their resident corn snake pick her own reading material. The snake has been her species’ ambassador at the center for almost two years. “She’s really great with people,” says Shaw, who wants to remind potential snake owners that snakes can live more than 20 years, so think twice about a snake as a pet.**



**Lisa Wallace works as the office manager for the petsitting/walking company The Pet Elf, based in Reston. Iris was a rescue found wandering after Hurricane Sandy. Looks like she feels pretty much at home now.**



**From left — The neighbors’ dog, Winnie who likes to stop by a play, Lucy the Jack Russell and Mason. The McKnights’ two dogs and their playmate like to keep watch – never know what might pass by in their Reston neighborhood.**

# People and Pets Love Stories

Meet some Reston, Herndon area families with pets.

BY ANDREA WORKER  
THE CONNECTION

It’s that time of year again. Nope, not a holi day - although perhaps it should be. It’s that anticipated edition when the Connection Newspapers celebrate the furry, or finned or feathered or scaled or clawed creatures that make themselves a cherished part of the family. Although Reston and Herndon probably number as many pets as people in their populations, sadly we’ve only got room to introduce you to a few – so here we go.

## Meet Bentley

The 5-year-old Shih Tzu is no stranger to celebrity. When his “mom” Michelle Stevens wrote a book on the family’s experiences with the birth of super-preemie Emily, Bentley graciously agreed to be the “narrator” of the tale and even to have his name in the title – “Bentley’s Preemie Blessing.” Bentley admits to being a “Mama’s Boy,” (“He’s like Velcro, following me everywhere,” says Michelle) although he does enjoy spending time with his “sister,” especially since she provides him with the leftovers or food stuff she doesn’t want. Bentley is happy to accept. Bentley came into the Stevens’ Herndon household as a rescue from the Animal Relief Fund in Maryland. Aside from being the writing assistant to his “mom,” Bentley can even claim some political connections, having walked the halls of the Russell Senate Office Building when Michelle worked on the Hill.

## A Lake Anne Love Story

The protagonists are Dee, a 36-year resident of Reston and a realtor with Long and Foster at Lake Anne, and Boomer, an adult Tick hound, who couldn’t really share his back-story, but will no doubt be making lots of new memories in his new forever home. Dee says she has always been a dog lover,

so when PetMAC opened its Lake Anne doors in January, she just had to stop by and take a look. As owner Cindy Williams says, PetMAC is “a one-stop shop for the healthiest choices in pet foods, as well as toys and accessories.” The store is also a pet adoption center, working in partnership with a number of animal rescue and welfare groups – and that’s how Dee and Boomer met. “I went by when they were having an adoption event. I knew I didn’t want a puppy – too much like a new baby for me! And I saw Boomer. He had the kindest face. I think he had been to several adoption days and hadn’t been picked. I think he looked a bit sad, so I just knew he was the one,” said Dee. After 3 weeks, Boomer has settled in well to his new home, although his feline siblings (especially one brother) still have him a bit intimidated.

## Share the Love

Share the love with a creature that kind of belongs to us all. She’s an un-named 3-year-old corn snake who resides at the Walker Nature Center in Reston. “We never named her,” said Center Manager Katie Shaw, “because she’s really more of an ambassador for her species than a pet” - although everyone who has ever met Jane Doe the Snake agrees that she is just as friendly and fun. Ms. Snake came to the Center from South Lakes High School where she hatched 13 babies. As fun and entertaining as she can be, Director Shaw reminds us that snakes “often live more than 20 years. If you are thinking of a pet snake, please keep that in mind. Only go to a reputable pet store or breeder, and never

release a pet snake into the outdoors.” And don’t forget to stop by and meet this friendly representative of the reptile world.

## A “Tail” of Survival

Although we’ll never get the details from Iris the Cat who was a Hurricane Sandy survivor. “I would love to hear her story,” says adoptive “mom” Lisa Wallace of Reston. “But she’s not talking - at least not about that!” For reasons known only to Iris, she prefers to be the only cat in her kingdom, which suits Lisa just fine. Wallace is the Office Manager for The Pet Elf, a Reston-based petsitting and care company, so she knows a thing or two about finicky felines and in their one year relationship has bonded well with Iris and made her feel right at home. “Iris is who she is,” says Wallace. “She likes to be nearby, does like some petting now and then. She’s certainly claimed a lot of spots around the house as hers. It’s a good relationship.”

## Keeping the Pack Intact

When the McKnight family of Reston suffered the loss of several furry family members in the last year, what could they do but look for the right new additions to the family pack. The McKnights always had a bit of a menagerie going on around the house between the kids and the creatures. Now they have 9-month-old rescue Mason and 6-year-old Lucy to keep things interesting.

## The Writer’s Prerogative

OK. This one is cheating, but meet the writer’s friend, Macska (pronounced

“muchka,” it’s the Hungarian word for “cat”). Now 3 years old, Miss Macska came into the Worker household from their own backyard,

when she was just 6 weeks old. When she was discovered, the torn-up kitty immediately dived into the pond, from which she

had to be soggly rescued. After some medical care and socializing, this is one tortie who knows who’s in charge and never lets you

forget mealtime. And that’s all the time we have. Maybe next time your Fido or Fifi will be in the spotlight.



## You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own. Email [cats@lostdogrescue.org](mailto:cats@lostdogrescue.org).



## Consider Fostering

visit the website, click on Participate

Adopt/Donate/Volunteer at [www.lostdogrescue.org](http://www.lostdogrescue.org)

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



## Specialists in Natural Pet Foods and Supplies

Super selection of high-quality, all-natural pet foods at affordable prices

# WHOLE PET<sup>®</sup>

## CENTRAL

where healthy food comes naturally

**BB&T Center • 304 Elden Street (at Herndon Pkwy) • Herndon, VA 20170 • 571.521.0399**  
Open M–F 10AM–8PM • SAT 10AM–6PM • SUN 11AM–6PM

**OTHER LOCATIONS IN VIRGINIA & MARYLAND**  
Ashburn Farm Market Center • 43330 Junction Plaza, Suite 176 • Ashburn, VA 20147 • 703.724.4319  
1306 E. Gude Drive • Rockville, MD 20850 • 301.217.0432

Online shopping at [www.wholepetcentral.com](http://www.wholepetcentral.com)  

# Yes, Cats Can Be Trained Too

Reston cat trainer Lisa-Maria Padilla gives techniques to train feline friends to do tricks.

BY STEVE HIBBARD  
THE CONNECTION

**L**isa-Maria Padilla, 53, of Reston was recently in Del Mar, Calif., close to San Diego, for the largest cat show in the West coast, called the San Diego Cat Fancier's Show, which featured more than 400 cats. She took her cat named Racy Mooner, a blue Abyssinian ("Abys") who has a Facebook page, there to do cat tricks and introduce people to training techniques.

Padilla, who has been showing her performance cats for 15 years all over the country, is an expert cat trainer who dispels the secrets to training cats. And like dogs, cats can be trained to do tricks, or behaviors.

Padilla says it's easier to start when a cat is a kitten, but older cats can be trained too. "Usually the problem is we humans don't have enough patience," she said.

The most important training mechanism for cats is to use treats, she said. And one of the biggest mistakes pet owners have is "free feeding," where people leave a bowl of food out all day for the cats to go back and forth at their will. She said it discourages cats from being motivated by treats because they're not going to be hungry. "You want the cat to be hungry and ready for a treat," she said.

She said the easiest thing to teach a cat is to sit and stay. "And that can be the basis of establishing if you're going to have a training period with your cat," she said.

The training consists of sitting your cat down close to you and putting your hand in front of its face, saying the cat's name and "stay," then immediately giving it a treat. "And you increase the period of time the cat needs to sit still," she said. Just gently keep the cat still as you say "stay."

She said it's important to keep the training sessions short — no more than two minutes twice a day. "You don't want to discourage the cat and wear them out in terms of their attention span," she warns. "And it's important to end on a high note."

Some trainers use clicker training but Padilla uses voice and hand commands. They work under the same principle of awarding a behavior based on a positive — based on a key word or sound that a cat knows and clicks in his mind that that is the desired behavior.

"I always tell people to keep their voice commands short and use a high voice," she said. "Cats respond to higher pitched sounds and they respond to those more positively. Cats are sensitive to a higher tone."

**FOR TREATS,** Padilla uses Whole Life Freeze Dried Chicken Treats, a nice protein snack. "We call it 'Kitty crack' and they're very responsive to it. To get a cat to roll over, she holds the treat over the cat's head, makes sure the cat is looking at the treat,



Lisa-Maria Padilla of Reston shows off 10-year-old Abyssinian, Twyla Mooner, at the National Capital Cat Show in Chantilly.

and with her free hand, will reach down and gently roll the cat over as she's moving the treat over the cat's head. "And I would say the key word, 'roll over,' and as I do it, I'm having the cat watch the treat and roll over." She adds: "You do it a few more times and see that the cat is struggling less and rolling over more."

It's a very short training session, not more than two minutes. She said if you do two training sessions a day, the cat is going to have a sense of expectation that the training session will lead to treats. "He will be more willing to pay attention and do the behavior that the trainer is asking."

For the learning curve, she said all cats are different. In some cats it may take two or three training sessions; in others, it may take a few weeks. "Consistency is very important," she said. "If you're going to do two training sessions a day, maintain consecutive days that you're doing it." She said it will get to the point where all you have to do is touch the cat and it will begin rolling over on its own. "Then one day, it clicks in

the cat's mind, and it will roll over on its own when the treat comes out. And you reinforce that when the cat thinks it will get a treat; it will do auto-rollovers. "But I don't reward those; I only reward when I say 'roll over.'"

Padilla said one of the most important behaviors that owners can teach is for cats to walk on a leash because that leads to pet safety. Having a cat who is used to a harness makes it much easier to travel more safely.

"I travel all over the U.S. demonstrating that cats can be trained, not just to perform tricks, but also to walk on a leash successfully," she said. "It's good for safety purposes; it enriches their lives, both the owner and animal to be able to go traveling and walking and enjoying the outside together."

She said training a cat to a leash is easy if you remember to be patient. "Introduce the walking vest as a friend to the cat. I put the walking vest in their bed — to have the cat's smell on the walking vest so that it smells like a part of the family," she said. "You get

your treats out and hold the treat far enough away from the cat; the whole idea is to get the cat comfortable and know that he can move when he has the walking vest on...we need the cat to rediscover that he has legs."

**EACH TIME** with that training session, the owner moves the treat further away, so the cat needs to move further to get the treat, she said. "Once I introduce the walking vest to the cat, I feed the cat meals while he's wearing the walking vest — to connote a positive experience when he's wearing it. And very quickly the cat can get used to wearing the vest. They're playing in it; it becomes a family experience and something that cat is comfortable wearing." She said the cat will feel comfortable and when it's time to attach the leash, the owner can start working with the cat to walk on the leash.

"Again, you're using the treats; never drag the cat on the leash. Use the treats; call the cat's name. Gently tug the leash and hold the treat." She adds: "I would say, 'Racy come.' I would gently tug the leash and hold the treat. You never want to yank the cat."

Getting the cat used to the walking vest is half the challenge won, she said. It's getting the cat to be comfortable in the walking vest. And once the cat is used to the leash, it makes it much safer to travel with the cat.

A cat that is comfortable in a vest is a more confident animal and less likely to get spooked easily, she said.

While showing her cats at cat shows, Padilla gets them to jump through hoops; jump from the floor to her shoulder; walk out on the end of her arm to retrieve a treat, and then walk to the other arm. "A cat can be trained to stay, look left or right, or any number of behaviors."

For the agility courses, which is a more directed, organized play, she said they utilize the cat's desire to run and chase prey. "That's why we use a lure with a toy on the end of it. And kittens are very easy to train for agility courses; they love to play."

Padilla's cat Twyla Mooner, a 10-year-old blue Abyssinian, was the first national feline agility champion, whose best record was seven seconds in a San Diego Cat Show. Twyla, who loves to play and has a great deal of energy, still enjoys going through an agility course.

Padilla said you can make your own agility courses at home using your imagination to create items for weave poles, setting up bottles that the cat needs to weave around; or making steeples that a cat can jump over using stacks of books.

"Introducing a cat to agility competition is a time for the owner and cat to have some organized play together," she said. "That can be a nice way for the cat to expend some energy and have some time together with the owner; it's mentally and physically stimulating to the cat."

CONTRIBUTED BY MARK HANNON/THE CONNECTION

# LETTERS

FROM PAGE 8

approved by voice vote in committee but later reported out as dead. After media inquiries, the committee voted again to pass the bill but it was sent to another committee to die. Other gun safety measures died in committee when the chairman held an emergency hearing which limited public testimony. Transparency in government anyone? Supporters were scrambling to follow the bills but the NRA lobbyist always seemed to show up in the right place at

the right time. In the House, lawmakers killed the domestic gun violence bill even after two women who were victims of domestic gun violence begged them not too.

Next time a domestic abuser in Virginia shoots his wife or girlfriend or a child we can thank the mostly white, male Republican rural lawmakers who sit on the Virginia committees that kill gun safety bills.

**Linda Falkerson**  
Reston

## Question To Ask About Library

To the Editor:

In January, 2015 the Library Board of Trustees was given a document from the Department of Public Works that indicates Reston Regional Library will be rebuilt at its current location. At the September, 2014 Library Board meeting Library Director Sam Clay stated that a task force had been appointed to oversee planning of the new library, and he had been appointed to that task force. We would encourage Supervisor Cathy Hudgins to inform the community about the composition of the task force and to let us know how many Restonians are on it. Does the task force include any members of the Reston Friends of the Library or any retired librarians? Is our currently serving Hunter Mill Library Board member, or any retired Library Board members on this task force?

We would like to have information as to the size of the planned building. Will it be part of a mixed-use building? What other uses are expected? How many square feet will the library be? How many books will be shelved there? How many meeting rooms will be provided? What space will be allotted to the Friends of the Library for their book sales? Will there be space for a library store like those used by Montgomery County to sell donated and ex-library books? How many computers will be available? How large will the children's section be and how many volumes will it hold? How many dedicated parking spaces will be included in the plans? Will there be a temporary facility provided during construction?

What will be the projected cost of the new library? Will the \$10M bond be enough to cover a new building? If not, are there plans to add more money to a bond referendum within the time frame necessary to use the \$10M bond funds currently available?

Will the shelter be separate from the library with its own entrances? How many people will the shelter be built to accommodate? Will

there be support services on site to provide assistance to the homeless population?

The 2013 Beta Plan included elimination of library Youth Services and a transition to digital-only libraries. In light of current research about the problems of children retaining information read from digital screens versus print books, will Reston Regional be built as a digital-only library with minimal use of print books? (Please see September 2013, Scientific American article, Why the Brain Prefers Paper).

Ebooks are not purchased by libraries. They are rented. In fact, they are not even books; they are rented pieces of software that expire after a prescribed number of checkouts. The cost-per-checkout (CPC) for ebooks is at least four to ten times the cost for print books. County Executive Ed Long just announced a large cut to the library in the FY2016 budget. Will the configuration of the new library reflect a continuing reliance on print materials since it is clear ebooks are beyond our budget?

Other jurisdictions allow public outreach when community libraries are renovated, redesigned and rebuilt. Will the Reston community be included in the decisions about the future of our library?

**Kathy Kaplan**  
Fairfax Library Advocates  
Reston

### Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.  
Send to:

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail:  
[info@connectionnewspapers.com](mailto:info@connectionnewspapers.com)

We bring great days, and nights, to families.

### Assisted Living

Minds rest easy knowing highly-trained, energetic associates are providing care in accordance with professionally-prepared Personal Care Plans.

Social isolation is a concern of the past, replaced by friends, family and a full calendar of tailored programs addressing all dimensions of wellness.

Worries about medication dosage, timing and nutrition evaporate, not to mention the deleterious effects of dining alone.

Everyone's quality of life is enhanced by specially-designed amenity and gathering spaces, apartment homes, gardens and outdoor recreational areas.

### Wellspring Village®

"In our specially designed Wellspring Village® neighborhood, we are able to create joy for residents and their families despite the challenges people living with memory impairment face," explains Tina Aulakh, Executive Director.

Families tell us everyone benefits because the outstanding care and support we provide reduces worry and stress.



**BRIGHTVIEW**  
GREAT FALLS  
ASSISTED LIVING

Please call either  
Joanna or Carolyn  
at 703-759-2513

10200 Colvin Run Rd. • Great Falls, VA 22066

Outstanding Assisted Living and Memory Care in Great Falls



HOT WATER.  
COOL REFRIGERATOR.



Café™ Series

The first refrigerator with hot water has arrived!

Choose from four preset options, or set a custom temperature, and enjoy in minutes.

**Sterling**  
21800 Town Center Plaza  
Sterling, VA 20164  
703-450-5453

**Sterling**  
APPLIANCE

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

**Leesburg**  
1051 Edwards Ferry Road  
Leesburg, VA 20176  
703-771-4688

**reston celebrates**

FOUNDING OF RESTON -- 1964 --

50 YEARS

100 YEARS

BIRTH OF ITS FOUNDER -- 1914 --

Reston's civic and community organizations will be celebrating anniversaries all year. Check out all the fun in store for the community at [www.restoncelebrates.org](http://www.restoncelebrates.org). For information about how to add your organization's anniversary-themed event, please email [restoncelebrates@myerspr.com](mailto:restoncelebrates@myerspr.com).

**PARTICIPATING ORGANIZATIONS:**

Reston Community Center, Reston Town Center, Reston Chamber of Commerce, Cornerstones (Reston for Tomorrow's Leaders), Myers Public Relations, Reston Hospital Center, Reston Association, Reston Town Center

**WWW.RESTONCELEBRATES.ORG**

**THROUGH MONDAY/MARCH 16**  
**Ice Skating at Reston Town**

## PET FRIENDLY EVENTS

**SATURDAY/MARCH 7**

**Fun Dog Show.** 11 a.m. Market Square, 301 King Street, Alexandria.  
Register your dogs to win the contests ranging from Best Tail Wag to Best Irish Costume. The show starts at 11:15 a.m., and afterwards all dogs are welcome to walk in the annual Old Town Alexandria St. Patrick's Day Parade. Register and learn more at [http://www.ballyshaners.org/parade/ParadeInfo\\_dogshow.htm](http://www.ballyshaners.org/parade/ParadeInfo_dogshow.htm).

**FRIDAY-SUNDAY/MARCH 27-29**

**Super Pet Expo & Doggie Kissing Contest.** Dulles Expo Center, Chantilly. The Super Pet Expo is the largest, most amazing event for animal lovers in the DC Metro. Learn, shop and be entertained with hundreds of vendors and fun activities. Buy tickets at <http://www.superpetexpo.com/tickets> and use code NOVADOG to save \$3. Before the expo on Saturday morning, join hundreds of other dogs and the people who love them to attempt to set a doggie-kissing record.

Garden Center will be giving a presentation on the "Importance of Frangances in our Gardens" introducing both new plants and historical old cultivars. Guests are encouraged to attend and new members are welcome. For more information go to [www.therestongardenclub.org](http://www.therestongardenclub.org)

we will be able to experience everything in a fresh and positive way. \$25. [www.meditation-dc.org](http://www.meditation-dc.org)

**MONDAY-TUESDAY/MARCH 9-10**

**Bunny Bounce.** 10-11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Bounce along the trails following the footprints of a cottontail rabbit. Make bunny ears, munch on bunny food and feel bunny fur. Discover where rabbits live and make a soft nest for bunny babies. Ages 18 months to 35 months. Reservations required by March 5. Fee: \$7/child RA members, \$9/child Non-members. Email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689.

**THURSDAY/MARCH 12**

**South Pacific Cauldron: World War II's Great Forgotten Battlefields.** 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Local author Alan Rems presents a virtual tour of the lesser known battles of the Pacific theater.

**Maximizing for Social Security.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Learn strategies to maximize your Social Security benefits. For adults 60-65. Registration required.

**Organic Gardening.** 7-8 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. Organic gardening uses landscape design and the environment to improve and maximize the health and the development of plants.

WWW.CONNECTIONNEWSPAPERS.COM

# COMMUNITIES OF WORSHIP

Welcoming, Diverse, Progressive

**ST. ANNE'S  
EPISCOPAL  
CHURCH • Reston**

7:45 a.m. Holy Eucharist, Rite I  
9:00 a.m. Holy Eucharist, Rite II  
Sunday School: preschool - grade 2  
Music: grades 3 - 7  
10:25 a.m. Sunday School Grades 3 to 6  
Music 4 years to 2nd grade  
11:15 a.m. Holy Eucharist, Rite II  
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 a.m. service

The Rev. James Papile, Rector  
The Rev. Laura Cochran  
**703-437-6530**  
[www.stannes-reston.org](http://www.stannes-reston.org)  
1700 Wainwright Dr., Reston



**To Highlight  
your Faith  
Community,  
Call Karen at  
703-917-6468**

## 2ND ANNUAL Boys & Girls Club Fairfax Casino Night

**Friday, March 6, 2015**

## The Ritz-Carlton, Tysons Corner



The Boys & Girls Clubs of Greater Washington/Fairfax Region help hundreds of at-risk youth every day right here in Fairfax County.

**Casino Night is a fun-filled evening featuring:**

- Full complement of staffed gaming tables including Texas Hold 'em, Black Jack and Craps, Roulette
- Fabulous dinner buffet \* open bar \* amazing raffles, live and silent auction
- Celebrity Emcee with music and dancing.

## The Ritz-Carlton, Tysons Corner

1700 Tysons Boulevard, McLean, Virginia 22102 • On the Silver Line

Tickets: [www.bgcgw.org/fairfax/casino-night/](http://www.bgcgw.org/fairfax/casino-night/)

**Friday, March 6, 2015**  
**6:30-11:30pm**

Tickets: \$95.00 per person,  
\$175.00 per couple  
Special Overnight Guest Room Rate  
at the Ritz-Carlton for  
Friday March 6, 2015 -- \$119.00

**We invite your organization to consider sponsorship opportunities for our 2nd Annual Boys and Girls Clubs of Greater Washington, Fairfax Region Casino Night.**

The Boys & Girls Clubs of Greater Washington/Fairfax Region help boys and girls of all backgrounds build confidence, develop character, and acquire skills fundamental to becoming productive, civic-minded, responsible adults. BCGGW provides a safe and positive environment for our youth.

**SATURDAY, FEB. 28**

**Bluetrain.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A relatively new band on the musical scene but its members are all seasoned veterans having performed with many of the top bluegrass bands in the Washington Metro area. They have a marvelous mix of voices that blend perfectly bringing out all the emotion each songwriter intended. Watch out for some super hot instrumentals as these guys are superb in this regard also. Come see for yourself. Tickets: \$15; children 12 and younger admitted free.

**Raptor Exploration** 10:30 a.m. - Noon  
Walker Nature Center, 11450 Glade Drive, Reston. All ages. Meet a wildlife rehabilitator from the Raptor Conservancy and meet some live raptors up close. Then go for a walk to see old raptor nest sites and learn where and what to look for as evidence of new nest activity. Reservations required by Feb. 25. Fee: \$7/person RA members, \$9/person Non-members. For more information, email [naturecenter@reston.org](mailto:naturecenter@reston.org), or call 703-476-9689 and press 5.

**TUESDAY/MARCH 3**

**Reston Garden Club Meeting.** 1 p.m. Nature House, Walker Nature Center, 11450 Glade Drive, Reston. Rinotta Holt, horticulturist and landscape designer with Merrifield

## ENTERTAINMENT



PHOTO BY TONY DE LA PAZ

**Members of the CBT on stage at Reston Community Center. Since 1991, the mission of CBT has been to provide education, performance and outreach opportunities in the performing arts to Northern Virginia and surrounding communities.**

# Ballet Display at Reston Community Center

**Classical Ballet Theatre wows audience with choreography.**

BY RYAN DUNN  
THE CONNECTION

**A**t Reston Community Center, the Classical Ballet Theatre (CBT) presented “An Evening with Classical Ballet Theatre” on Friday, Feb. 13. The show was a combination of both contemporary and classical ballet, and included original choreography by guest artists and CBT faculty as well as audience favorites. “We love the ballet and want to continue supporting local ballet program,” said Reston resident Ning-Ning Mahlmann, Ph.D., who attended the evening show.

Since 1991, the mission of CBT has been to provide education, performance and outreach opportunities in the performing arts to Northern Virginia and surrounding communities. CBT provides the highest caliber of training and coaching opportunities to prepare young dancers for a career in the performing arts as well as provide classes to dancers of all ages and levels in the community. Greeting guests at the lobby was CBT founder and Executive Director Cynthia Donavin. “I have been very impressed by the organization,” said Reston resident John Mahlmann. “The school is well managed. Cynthia has exceptional staff and faculty. The school also maintains high artistic standards.”

Donavin said the year brings a new era of artistic direction at Classical Ballet Theatre. Gillmer Duran and Dubraskha Arrivillaga are the new artistic directors. “They were the former directors of the Alaska Dance Theatre,” stated Donavin. “They bring their immense talent, energy, passion, and integrity to the organization. We are proud to have them with us.”

With the addition of Arrivillaga and Duran to its faculty, CBT is taking a turn towards a more relevant and balanced dance experience for young and contemporary adults. “We feel part of the family,” said Gilmer Duran. “I am enjoying watching the process of seeing the kids blossom, there has been tremendous progress.”

“An Evening with Classical Ballet Theatre” featured pieces created by Meghan Rudorfer and Tara Henderson and performed in Philadelphia for the Youth America Grand Prix (YAGP). The show also included the Pas de Deux of Paquita staged by Ballet Mistress Dubraskha Arrivillaga as well as three brand new pieces by Artist in Residence Gillmer Duran. Before the intermission, dancers performed the Spanish themed Allegrias. “It was something created in mid-90s and we pulled it out of the cobwebs,” said Meghan Rudorfer.

“My daughter has been dancing with this studio for seven years,” said Tony de la Paz, a resident of Herndon. CBT provides exceptional performance opportunities with world renowned choreographers, and master teachers, while offering high quality productions to the community at affordable prices. CBT’s extensive community outreach includes free performing arts enrichment programs for local schools, organizations and underserved populations, as well as “tribute” performances that raise public awareness for worthy causes and honor members of the community. CBT Herndon studio is located at 320 Victory Drive, Herndon. It will host a spring performance of Cinderella on April 25 and 26. For more information on CBT, visit [www.cbtnva.org](http://www.cbtnva.org).

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

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?  
E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



THE CONNECTION  
NEWSPAPERS

## It's Your Time to Celebrate with a \$100 Resort Credit!



### Make any occasion special at Gaylord National Resort.

Whether a milestone celebration or the day you ran a mile, we will help make any occasion extra special by offering you a \$100 resort credit per night. Our spectacular 19-story glass atrium welcomes you with sweeping views of the Potomac River. Luxurious spa treatments, delicious dining, unique shopping and fun recreation options provide everything you need for a joyous occasion.

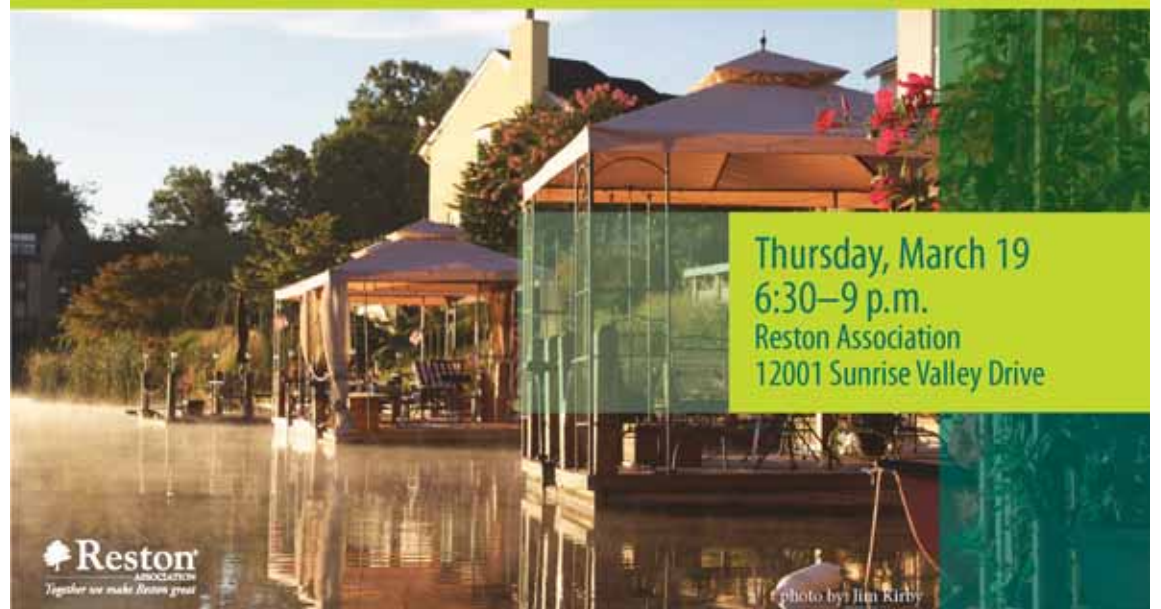


Book your getaway today!

**GaylordNational.com** or call (301) 965-4000 (refer to promo code ZJL)

Available select dates through December 30, 2015. Limited number of rooms available for this promotion. Limit one (1) \$100 resort credit per night. See website for complete terms and conditions.

## RESTON ASSOCIATION'S OPEN HOUSE



**Thursday, March 19  
6:30–9 p.m.  
Reston Association  
12001 Sunrise Valley Drive**



**A one-stop shopping event for new or not so new Restonians. Come learn more about Reston Association (RA) and the many services, amenities, and programs it provides for you. Pick up your pool passes, sign your kids up for camp, tennis, swim lessons, or events. Talk to your Covenants Property Advisor, learn more about our volunteer opportunities and how you can serve on the board, committees or in an advisory capacity. There will also be an opportunity to vote for board members in the current election. Meet other Reston organizations, RA board members and staff. Come find out how you can get involved in your community. Light refreshments will be available and door prizes will be awarded.**

### District/Community Meetings:

- North Point District, March 12, 7-9 p.m. Aldrin Elementary School, 11375 Center Harbor Road
- Lake Anne/Tall Oaks District, March 16, 7-9 p.m. Reston Community Center Lake Anne, 1609 Washington Plaza North

**Please RSVP to [Ashleigh@reston.org](mailto:Ashleigh@reston.org) or call 703-435-6577.**



**Anas Fain helped the South Lakes boys' indoor track team place fourth at the 6A North region meet by winning the 55-meter hurdles.**



**The South Lakes girls' 4x400 meter relay team (from left, Claire Nieusma, Nikayla Hoyte, Golden Kumi-Darfour, Jessica Lister) won the 6A North region title.**

# South Lakes Indoor Track Qualifies 21 for States

**V**ictories in the boys' 55-meter hurdles, triple jump and girls' 4x400-meter relay highlighted the South Lakes indoor track team's performance at the 6A North Region Championship Thursday, Feb. 19 at the Prince George's Sportsplex in Landover, Md.

SLHS will be represented by 21 athletes at the 6A State Indoor Championship Feb. 27-28 in Hampton.

Both teams finished fourth in their divisions in the 26-team field. The top six finishers in each event earned a spot in next weekend's state meet. The SLHS boys' team was led by juniors Anas Fain and Eric Kirlew, who took top honors in individual events with Fain capturing the 55-meter hurdles in 7.72 and Kirlew winning the triple jump in 45-01.50. Kirlew also teamed with sophomore Timiebi Ogobri and juniors Skander Ballard and Alex Rudison for fourth in the 4x200 relay (1:34.21). Ballard finished sixth in the triple jump (43-02.00). Senior Nathan Stone was sixth in the 55 hurdles (8.01). Junior Golden Kumi-Darfour placed the girls' team as the anchor on the winning 4x400 team that included senior Claire Nieusma and sophomores Nikayla Hoyte

and Jessica Lister and ran a 4:03.42. Kumi-Darfour also finished second in the 500 meters (1:18.07) as did sophomore Devyn Jones in the 55 meter hurdles (8.58).

Senior Comfort Reed finished third in the long jump (16-05.25) and fifth in the triple jump (35-05.00). Senior Jordan Lozama finished fourth in the 55 meters (7.45). Lozama, Hoyte and seniors Samantha Webb and Delaney Wickman finished third in the 4x200 meter relay (1:47.09).

Also, senior Ozioma Chinaka finished 10th in the pole vault, but her clearance of 8-09.00 is a school record.

The 4x800 meter team of senior Andrew McCool, juniors Connor Smith, John LeBerre and sophomore John Swecker ran a 8:15.73 for third.

Lake Braddock won the girls' regional title with a score of 88. Robinson finished runner-up (63.50), followed by Battlefield (52), South Lakes (50) and South County (43).

Lake Braddock also won the boys' title with a score of 92.50. T.C. Williams finished second (80), followed by Chantilly (64.50), South Lakes (42.50) and South County (41).

**Eric Kirlew won the 6A North region long jump title.**

PHOTOS BY  
LISA MCARTHUR  
MILESTAT



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

**Chris Kucik and the Herndon boys' basketball team finished runner-up in Conference 5.**

## Herndon Boys' Basketball Falls in Conference 5 Final

**T**he Herndon boys' basketball team overcame an early deficit but eventually succumbed to Westfield, 66-54, in the Conference 5 championship game Monday night at Chantilly High School.

The Hornets fell behind 12-2 in the first quarter, but outscored the Bulldogs 22-8 over the next eight minutes to take a 24-20 second quarter lead. Westfield then

closed the first half on an 11-1 run, including a buzzer-beating 3-pointer by Blake Francis, and led for the remainder of the contest. Chris Kucik, Liam Harrington and Trevon Wright each scored in double figures for Herndon.

Kucik and sophomore guard Michael Griffin were named first-team all-conference. Keyshawn Hamlin was named to the all-defense first team.

## Townhouse Fire

A faulty fireplace flue caused insulation in the attic of a Reston townhouse to ignite on Saturday, Feb. 21, according to Fairfax County Fire and Rescue investigators.

Firefighters encountered heavy smoke from the roof of the three-story townhouse on Gunsmith Square, and "quickly extinguished the fire" located in the attic area.

"Three occupants were home when the fire broke out and escaped unharmed," according to the Fire and Rescue Department.

Damage was estimated to be \$14,000, according to the fire department. Functioning smoke alarms were in the home but did not activate since the fire was in the attic area.

The fire and rescue department responded to the townhouse at approximately 7 p.m. last Saturday.

The Fire and Rescue department offered the following safety tips:

Ensure that the chimney is cleaned and inspected by a licensed professional once a year.

Make sure a spark arrestor is across the top of a chimney to prevent sparks from igniting the roof.

Have a sturdy screen across the front of a fireplace to prevent embers from flying or logs from rolling out of the fireplace.

Store ashes into a metal container with a lid when cleaning the fireplace; never use a cardboard box or paper bag.

Follow manufacturers instructions carefully; many non-masonry fireplace/chimney

units have limits on the amount of heat they can withstand.

## Election Time: Reston Association

Seven candidates have filed to run for the four open seats on the Reston Association's Board of Directors. The association has a nine-member board that sets policy on finance and budget, personnel and compensation policies, and planning and program strategies.

Each candidate's certified statements are available at [www.reston.org](http://www.reston.org)

Ballots are scheduled to be mailed to members on Monday, March 2 when voting begins at 5 p.m. A candidates' forum is scheduled for 7 p.m. on Monday, March 2.

Voting runs through March 30.

The results will be announced at the April 14 Annual Members' Meeting

## Hunter Mill Road

The Fairfax County Department of Transportation began a study of Hunter Mill Road between Sunrise Valley Drive and the Colvin Run Bridge, according to Hunter Mill Supervisor Cathy Hudgins.

A community meeting was scheduled Wednesday, Feb. 25 at Lake Anne Elementary School, after the Connection's press time, to present preliminary findings. Contact the Hunter Mill District Office at 703-478-0283 for more information.

Ready to learn  
more **about**  
relapsing **MS?**

You and your loved one are invited to an **MS LIVING EVENT**. Hear from MS experts and others who are living with MS. Plus, get some answers about dealing with MS and information on an oral treatment.

Maggiano's Little Italy, 2001 International Drive, McLean, VA 22102  
Wednesday, March 18, 2015 at 6:30 PM Eastern

### EXPERT SPEAKERS

**James Simsarian, MD**  
Neurology Center of Fairfax

FYI

**A meal will be provided.**

Free parking or valet available.

**PLEASE RSVP AT**

**[mslivingevents.com](http://mslivingevents.com) or call 1-866-703-6293.**

Register today. Space is limited.

Event ID: TR281892 (1207743)

US.MS.MSX.14.03.017

### Assistant Editor

Full-time assistant editor to help with all aspects of producing award-winning weekly newspapers, including daily web and social media updates.

Must be a prolific, efficient, accurate writer/rewriter with good basic knowledge of AP style and clean copy. Self-starter with excellent time management skills who can to work independently and collaboratively with strong organizational skills, high productivity, attention to detail. Exciting opportunity to learn from excellent editors.

#### Essential Responsibilities:

Generating local content daily for print and online, including calendar & entertainment listings, news briefs, crime reports, business briefs, school and education notes, faith notes, photo galleries, etc.

Monitor never-ending email, prioritize, download, edit, compile, post.

Community engagement, communication with readers and sources. Continuously seeking new sources of local information.

Copy editing, fact checking, familiarity with AP Style.

Design and paginate weekly entertainment, calendar and notes pages for multiple papers.

Update websites daily, post to social media.

Stay on top of local breaking news, work with editor and reporters to update. Help transition to digital first workflow.

Salary approximately \$30K, health insurance, paid vacation. Office is 2 blocks from King Street Metro station. Free parking.

Send letter, resume, three clips or examples of work to [resumes@connectionnewspapers.com](mailto:resumes@connectionnewspapers.com)

**THE CONNECTION**  
NEWSPAPERS

## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### MARCH

3/11/2015.....HomeLifeStyle Real Estate Pullout

3/18/2015.....A+ Camps & Schools

3/25/2015...Spring Fun, Food, Arts & Entertainment

FCPS Spring Break 3/30-4/3

### APRIL

4/1/2015.....Wellbeing – Senior Living Pullout  
Easter Sunday is April 5

4/8/2015.....HomeLifeStyle

4/15/2015.....A+ Camps & Schools

4/22/2015.....Real Estate Pullout – New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015.....Mother's Day Celebrations, Dining & Gifts I

### MAY

5/6/2015.....McLean Day Pullout

5/6/2015.....Mother's Day Dining & Gifts II

5/6/2015.....Wellbeing

Mother's Day is May 10

E-mail [sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com) for more information.



**THE CONNECTION**

Newspapers & Online

**703-778-9431**

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

#### Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



You Are Cordially Invited to Attend  
**A Glittering Country Soiree Benefitting  
Education in Northern Virginia**

Classy meets cultivation at this extraordinary party. Enjoy Virginia Piedmont-inspired cuisine, fast-paced 007-style gaming, and a stunning silent auction when you *Pay It Forward* with us!

Beneficiaries include:

- Local high school students
- Homeless children in Northern Virginia
- The Children's Science Center

presented by

**DULLES REGIONAL**  
CHAMBER of COMMERCE

**AERONAUTICAL**  
SYSTEMS, INCORPORATED

General Admission \$125  
Visit [DullesChamber.org](http://DullesChamber.org) to register

# Not So Late This Time



By KENNETH B. LOURIE

But real-time once again: February 20, 11 hours, approximately, after our regularly-scheduled, post-scan meeting with the oncologist at 10:00 this morning. The news could have been better, and realistically assessing, it could have been worse. But since it wasn't better, it was definitely worse. Something "fluffy" (my oncologist's description) has appeared and begun to take some kind of shape in my left lung. It's not exactly a nodule or a tumor yet, but it's something that wasn't there previously. Oddly enough, all the other tumors that we've been monitoring didn't grow, nor were there any fluid issues to consider. Nevertheless, something new seems to be forming.

In discussing its appearance with my oncologist, he said if the mass was smaller, he wouldn't be too concerned and if it was larger he'd be more concerned. But its size is in the middle. Compounding his level of concern – and complicating his medical opinion, is that I remain relatively asymptomatic, giving him no clues and/or indications to corroborate a malignancy or even a possible pneumonia. Consequently, this appointment became a serious discussion about varying options to determine a prudent course of action treating forward; the kind of appointment which we haven't had for over 18 months, since I was last hospitalized in August, 2013.

To say we've been living on easy street, accordingly, this past year and a half is a bit of an oversimplification. To say we've occasionally taken for granted my amazing good fortune is likewise a bit of a presumption. We have, however, gotten accustomed to an ebb and flow, focusing more on the good and less on the bad. But since an updated determination concerning this growth can't be made for two months, until my next CT Scan (advanced by one month due to these new circumstances), waiting, wondering and worrying will be the inescapable order of the day, week and months ahead; a bit of a different mindset than we've been used to of late. Over this interval, my treatment will continue on as usual: chemotherapy every three weeks with Alimta, so long as my kidney function allows it. In the short-term interim, I have been prescribed five days of antibiotics in case this growth is pneumonia, not cancer. Regardless, we still won't know anything for a few months, unless, of course, I develop some new symptoms.

I can't deny that receiving this news earlier today was discouraging. I'll probably need some time to assimilate it, rationalize it, understand it and ultimately deal with it. But "it" is definitely now top of mind once again, not where I want it and certainly not where I need it.

Still, life goes on, as I often say, and it's a life I've been extremely fortunate to have had, given the "13-month to two-year" prognosis I received back in late February, 2009. (I always put the "prognosis" in quotes because that's what my oncologist told Team Lourie.) In fact, next Friday is February 27th, my six-year anniversary of surviving a terminal diagnosis, I'm proud to point out. And even though I've been there and done that years longer than anticipated, doing this doesn't get any easier.

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

ZONE 1: • RESTON  
• HERNDON • LOUDOUN

# CLASSIFIED

703-778-9411

ZONE 1 AD DEADLINE:  
MONDAY NOON

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnews.com](http://www.connectionnews.com) or [papers.com/subscribe](http://papers.com/subscribe)

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



## 26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 [theschefer@cox.net](mailto:theschefer@cox.net)

## 102 Instruction

ENGLISH/FOREIGNERS BY SKYPE expert teacher learn at home \$10 per hr. 703-378-1714 Mary

## 26 Antiques

**PRIVATE SWORD COLLECTION FOR SALE**  
Antique swords from the United States and United Kingdom.  
Call 703-371-1765

## 21 Announcements

### LEGAL NOTICE

NOTICE TO NONCUSTODIAL PARENT OF NAME CHANGE HEARING: In the Matter of the Petition of Sophia Rose Shafi (nka Sophia Rose Arjana) for Minor Child, Saira Rose Shafi, to change the child's name to Saira Rose Arjana. District Court, Boulder County, Colorado Case No. 2014CV31267.

Notice is given that a hearing is scheduled for March 3, 2015 commencing at 1:30 p.m. in Division M of the Boulder County District Court, 1777 Sixth Street, Boulder, Colorado 80302. The purpose of the hearing is to request a change of name for Saira Rose Shafi. At this hearing the Court may enter an order changing the name of the minor child. To support or voice objection to the proposed name change, you must appear at the hearing. ATTORNEY FOR PETITIONER Christopher Tomchuck, Stevens, Littman, Biddison, Sharp & Weinberg, LLC, 250 Arapahoe Ave., Suite 301, Boulder, CO 80302.

## 21 Announcements

## 25 Sales & Auctions

## 25 Sales & Auctions

### PUBLIC REAL ESTATE AUCTION FAIRFAX COUNTY

SATURDAY, MARCH 7TH @ 11:30AM  
7808 Southdown Rd, Alexandria, VA 22308



6BR/6FBA/2HBA Single Family Waterfront Home & 106'x47' +/- lot w/ private parking on the Potomac River. Financial statement & appointment required for showing.

Gopal Hariani 410-977-9390

**AUCTION BROKERS**

TERMS: Deposit: \$50,000 due at time of sale. Cash or certified funds. 30-day settlement. 10% buyer's premium. Broken up as needed. See website for full terms and conditions. \*Sale on Premises. Auctioneer: Larry Malachuk (LF 18-188) 410-426-2622

[www.AuctionBrokers.net](http://www.AuctionBrokers.net)

**THIS AD FOR SALE!**

Reach across Virginia with this ad! No other media offers the audience of loyal, local, repeat readers you'll reach through community newspapers!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)

Virginia Press Services will run this business card-size display ad across Virginia for one low discounted price. For more details, call Adriane at 804-521-7585.

Virginia  
**PRESS**  
Services

# EMPLOYMENT

## BUSINESS OPP

**TELEPHONE**  
A great opportunity to **WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

## BUSINESS OPP

**TELEPHONE**  
A great opportunity to **WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

The biggest things are always the easiest to do because there is no competition.  
-William Van Horne

## Editorial Assistant/Assistant Editor

Full-time assistant editor to help with all aspects of producing award-winning weekly newspapers, including daily web and social media updates.

Must be a prolific, efficient, accurate writer/reviewer with good basic knowledge of AP style and clean copy. Self-starter with excellent time management skills who can to work independently and collaboratively with strong organizational skills, high productivity, attention to detail. Exciting opportunity to learn from excellent editors.

### Essential Responsibilities:

Generating local content daily for print and online, including calendar & entertainment listings, news briefs, crime reports, business briefs, school and education notes, faith notes, photo galleries, etc.

Monitor never-ending email, prioritize, download, edit, compile, post.

Community engagement, communication with readers and sources. Continuously seeking new sources of local information.

Copy editing, fact checking, familiarity with AP Style.

Design and paginate weekly entertainment, calendar and notes pages for multiple papers. Update websites daily, post to social media. Stay on top of local breaking news, work with editor and reporters to update.

Help transition to digital first workflow.

Salary approximately \$30K, health insurance, paid vacation. Office is 2 blocks from King Street Metro station. Free parking.

Send letter, resume, three clips or examples of work to [resumes@connectionnewspapers.com](mailto:resumes@connectionnewspapers.com)

## HOW TO SUBMIT ADS TO

**THE CONNECTION**  
Newspapers & Online

## CLASSIFIED

### DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

or call Andrea @ 703-778-9411

## EMPLOYMENT

### DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

or call Andrea @ 703-778-9411

## ZONES

Zone 1: The Reston Connection  
The Oak Hill/  
Herndon Connection

Zone 2: The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection

Zone 3: The Alexandria  
Gazette Packet  
The Mount Vernon Gazette

Zone 4: Centre View North  
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection  
The Vienna/Oakton  
Connection  
The McLean Connection  
The Great Falls Connection

## Outer Banks, North Carolina - Vacation Rentals

- Over 600 vacation homes in all price ranges!  
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla  
- 2 to 18 bedrooms most with private pool/hot tub  
- Linens and towels are provided (call for exception)

Reserve your family vacation today!

877-642-3224 . [www.brindleybeach.com](http://www.brindleybeach.com)

## 21 Announcements 21 Announcements 21 Announcements

**WET BASEMENT???  
CRACKED WALLS???**

We Fix: Basements, Crawlspace, Cracked/Settling Foundations, Bowing Walls  
**800-772-0704**  
**FREE ESTIMATES**  
Serving you since 1972 Call Now! 10% Limited Time Coupon  
Some Restrictions Apply

## 21 Announcements 21 Announcements 21 Announcements

## LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS  
45 Year Warranty  
Financing Available  
Licensed & Insured  
Local Contractor  
**12 MONTHS SAME AS CASH!**  
w.a.c.

**1-800-893-1242**  
Call For Your Free Roof Inspection!

ZONE 1: • RESTON  
• HERNDON • LOUDOUN

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 1 Ad DEADLINE:  
MONDAY NOON

## ELECTRICAL

## ELECTRICAL

### K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE

Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured

Office 703-335-0654

Mobile 703-499-0522

lektrkman28@gmail.com

## GUTTER

## GUTTER

### GUTTER CLEANING

Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

#### PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!

## HANDYMAN

## HANDYMAN



### Hand and Hand Handyman

General Remodeling  
Residential & Commercial  
Specializing in:

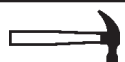
Kitchen/Bathroom/Basement Remodeling  
Plumbing • Electrical • Custom Carpentry  
Doors Windows • Hardwood Floors  
Crown Molding • House Cleaning  
Interior/Exterior Painting • Brick/Stone Work  
Ceramic Tile • Decks, Fences, Patios  
HOA Maintenance, Granite Counter Tops  
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

## IMPROVEMENTS

## IMPROVEMENTS



### R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS  
Foreclosure specialist/Power washing

♦Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

## IMPROVEMENTS

## IMPROVEMENTS

### R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com

### The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,  
PAINTING, CERAMIC TILE, CARPENTRY,  
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!

Proudly serving Northern VA - 46 yrs. exp.

Licensed

Insured

We Accept VISA/MC

703-441-8811

## IMPROVEMENTS

## IMPROVEMENTS



(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,  
Wood Rot, Drywall, All Flooring, Decks

•FREE Estimates

•FAST & Reliable Service

•EASY To schedule

•NO \$\$\$ DOWN!

Handyman Services Available

<http://www.pphionline.com/>

"If it can be done, we can do it"

Licensed - Bonded - Insured



## LAWN SERVICE

## LAWN SERVICE

### PINNACLE SERVICES, INC.

#### LAWN SERVICE

MOWING, TRIMMING, EDGING,  
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

## TREE SERVICE

## TREE SERVICE

### Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured



### Leaf Removal Gutter Cleaning

25 years of experience

Free estimates

703-868-5358

24 Hour Emergency Tree Service

### Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.



#### Fall Cleanup...

Tree removal, topping & pruning,  
shrubbery trimming, mulching,  
leaf removal, planting, hauling,  
gutter cleaning, retaining walls,  
drainage problems, etc.

25 years of experience - Free estimates

703-868-5358

24 Hour Emergency  
Tree Service



### CLASSIFIED

Classified or Home • Lawn • Garden:

703-917-6400

Employment: 703-917-6464

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

## HAULING

### ANGEL'S HAULING

Junk Trash Removal,  
Yard/Construction  
Debris, Garage/Base-  
ment Clean Out,  
Mulching.

703-863-1086

703-582-3709

240-603-6182

## LANDSCAPING

### JUNK HAULING

Junk, Rubbish,  
Homes, Offices,  
Commercial,  
Yard/Construction  
Debris, Lot Clear  
out, 24 hrs day,  
General Hom Work.

703-520-3205 N-VA

## TREE SERVICE

### ANGEL'S TREE REMOVAL

Brush & Yard Debris  
Trimming & Topping  
Mulching & Hauling  
[Angeltreeslandscaping-hauling.com](http://Angeltreeslandscaping-hauling.com)  
703-863-1086  
703-582-3709  
240-603-6182

An expert  
is someone  
who knows  
some of the  
worst mistakes  
that can be  
made in his  
subject and how  
to avoid them.  
-Werner  
Heisenberg

## WINDOWS & GLASS

## WINDOWS & GLASS

### Mr. Windows

Windows Cleaning \* Deck Cleaning \* Power Washing

Mike McLaughlin (703) 447-8268



\$7 Per Window

(for Standard Window)

10% OFF

on ALL Power Washing

Angie's list  
SUPER SERVICE

"The most reasonable prices in town!"

### HOW TO SUBMIT ADS TO

### THE CONNECTION

Newspapers & Online

### CLASSIFIED

#### DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

or call Andrea @ 703-778-9411

### EMPLOYMENT

#### DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:

[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

or call Andrea @ 703-778-9411

### ZONES

Zone 1: The Reston Connection  
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection

Zone 3: The Alexandria Gazette Packet  
The Mount Vernon Gazette

Zone 4: Centre View North  
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

## BULLETIN BOARD

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

### THURSDAY/FEB. 26

**Meditations for a Meaningful Life.** 7:30-8:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Meditations and Teachings that will enable us to appreciate our life and make it truly meaningful. \$10 (\$5 unemployed, fulltime students, 65 and older). [www.meditation-dc.org](http://www.meditation-dc.org) or <http://meditation-dc.org/reston/>

### FRIDAY/FEB. 27

**ESL for Beginners.** 10 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Join Elayne's Friday conversational group. Adults.

### SATURDAY/FEB. 28

**Hunter Mill District Community Summit.** 8:30 a.m. - 1 p.m. Frying Pan Farm Park Visitor Center, 2739 West Ox Road, Herndon. The Community Summit features presentations and conversations with county officials and residents on: FY2016 Proposed Budget for Fairfax County, FY2016 Proposed Budget for Fairfax County Schools, Hunter Mill Huddle with a focus on human service needs in the district.

**One-to-One Technology Help.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Dr. Reston. Need help with eBooks, smartphones or tablets? Come to a Saturday session with a technology volunteer. Call branch for times. Adults.

### ONGOING

**Food Addicts in Recovery.** Wednesdays at 7 p.m. at The Vine Church, 2501 Gallows Road, Dunn Loring. Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free twelve step recovery program for anyone suffering from food obsession, overeating, under-eating or bulimia. For more information or a list of additional meetings throughout the U.S. and the world, call 781-932-6300 or [www.foodaddicts.org](http://www.foodaddicts.org).

**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).

## FAITH NOTES

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

**Ash Wednesday at Antioch Christian Church.** The public is invited to a free soup supper at 6:30 p.m. and Ash Wednesday worship on Wednesday, Feb. 18, 7:30 p.m. The service is a time of quiet and reflection on how we can prepare ourselves in the next 40 days for the death and resurrection of Jesus. Antioch Christian Church is located at 1860 Beulah Road in Vienna. For more info call 703-938-6753 or go to [www.antiochdoc.org](http://www.antiochdoc.org)

**Trinity Presbyterian Church,** 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).  
Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

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

# LONG & FOSTER

Reston North Hills/Herndon/Lake Anne Plaza

1700 Bracknell Drive • Reston, VA 20194

703-435-4900



**Ashburn \$1,650,000**  
**Stunning!**

New 5BR, 5.5BA, 3 car garage in cul-de-sac on 10 acres! Butterfly staircase, gourmet kitchen, 2 story stone FP & coffered ceiling, office, conservatory, luxury master suite, w/o fin lower level w/media rm, BR, full BA! Desired school cluster.



**Goldvein \$285,000**  
**Must See!**

5+ acre lot, fishing pond, fire pit & trees everywhere. 3BR, 2BA just about everything updated. New roof, HVAC, deck, flooring (bamboo, hardwoods, carpet & tile in the baths), paint, lighting, washer/dryer, granite, breakfast bar & butcher block counters, tile backsplash, 2 car garage & shed!



**Leesburg \$414,000**  
**Gorgeous**

Oaklawn w/sunset/mountain views. Near shopping, Toll Rd, Rte 7. Brick end unit w/3-lvl bumpout, 4BR, 3.5BA, new carpet, hdwds on main. Gourmet kitchen w/eat-in area & den/study space. Walkout lower level w/tons of windows & full BR/BA, fenced yard.



**Fairfax \$307,500**  
**Great Condo!**

1s floor, 2BR, 2BA condo w/balcony. Open floor plan, crown molding, tile kitchen floor, stainless steel appliances, glass tile backsplash, breakfast bar. Close to I-66/Rte 50 shopping & dining.



Please call Leslie Thurman 703-895-6000 or e-mail [Lesliekthurman@gmail.com](mailto:Lesliekthurman@gmail.com)



**Reston \$409,900**  
**Park Like Setting!**

Right across the street from historic Lane Anne shops, restaurants, coffee shops, lake, farmer's market. Famed architect, Charles Goodman designed mid-century home w/roof deck, 3 levels, tons of glass, space for an office, fully renovated kitchen, refurbished original

hardwood floors, patio, upgraded baths. Backs to stream, paths & common area. Minutes to Silver Line METRO.

Call Dave King 703-509-5137  
[www.VirginiaDreamHomes.com](http://www.VirginiaDreamHomes.com)



**Reston \$609,900**  
**Updated Charmer**

This 3 lvl home w/2 car garage in the Sunrise Valley School

Elementary School district boasts upgrades galore! Enjoy the open floor plan & stunningly remodeled gourmet kitchen w/gas cooking, SS & granite. Remodeled & upgraded baths, gleaming hardwood floors & a private cul-de-sac location backing to woods are additional amenities that make this home so very special. Gas heat! Make memories in this wonderful family home.



**Reston Large Fox Mill Woods Contemporary!**

This stunning 5BR, 3.5BA home in sought after Fox Mill Woods features countless amenities...gleaming hardwoods, a huge renovated gourmet kitchen w/granite, SS, renovated baths(with laundry upstairs), 2 gas fireplaces, gas cooking & heat, & oversized 2 car garage. Beautiful & private guest/in-law space. The large open backyard & expansive deck are perfect for large & small gatherings & "treetop dining"

Call Dale Repshas 703-408-2626 or [Dale.repshas@Longandfooster.com](mailto:Dale.repshas@Longandfooster.com)



**Reston \$1,599,999**  
**Warm & Elegant**

Reston's finest on 2.5 acres! 10,000+ SF custom Tudor builder's home

features dramatic entry, sumptuous main level master suite, rich wood paneling & molding, 5BR(space for more), 7BA(most updated), sauna, fabulous pool + patio & so much more. This private country oasis is an entertainer's dream, minutes to METRO & is only for the MOST discriminating buyer.



**Reston \$900,000**  
**Gorgeous**

4BR, 3.5BA single family home in North Point. Impeccable quality, outstanding design. Renovations include: Gourmet kitchen & all baths, new carpeting & refinished hardwood floors.

Call Mary Miceli 703-362-2242  
[mary.miceli@longandfooster.com](mailto:mary.miceli@longandfooster.com)



**Reston \$398,000**  
**Location!**

Bright and spacious brick townhouse in great Reston location. Redesigned kitchen, spacious living area opening to expansive deck. Three large bedrooms, 2.5 baths, lots of storage. Walk to pools & tennis.

Pat Coit 703-585-2522 or e-mail  
[Pat.coit@longandfooster.com](mailto:Pat.coit@longandfooster.com)



**Reston \$499,990**  
**Priced to Sell!**

Brick end unit TH w/3 fully finished levels

includes 3BR, 2.5.5 baths, ample parking, Renovations include: bathrooms, kitchen new windows, deck and oh, 300 yards from W and O path, less than one mile to Wiehle METRO.

Please call Deb Pestronk 703-624-2132 or e-mail [Deb.pestronk@longandfooster.com](mailto:Deb.pestronk@longandfooster.com)



**McLean \$285,000**  
**Perfectly located**

In Gates of McLean! 1st level, 1BR, 1BA, private balcony backs to trees, corner unit! Walk ONE Block to the METRO! All new stainless appliances and granite! Too many amenities to list!

Call Lisa Carlisle 571-334-3440  
[Lisa.carlisle@longandfooster.com](mailto:Lisa.carlisle@longandfooster.com)



**Reston \$599,000**  
**Lake Anne Village Patio Home**

Redesigned & remodeled creating an open & spacious great room! 4BR including a main level BR & a fabulous master suite w/sitting rm, 2FP, garage, lots of storage, hardwoods, solarium & more enticing features! Think spring & bring your kayak-this home has lake privileges on Lake Anne from the nearby cluster dock. Only 1.4 miles to Silver Line METRO!

Call Karen Swanson 703-795-9970 or e-mail [karen.swanson@longandfooster.com](mailto:karen.swanson@longandfooster.com)



**Reston \$535,000**  
**What You're Looking For!**

Maintained & upgraded-ready to move in! End unit garage TH w/wrap-around porch side entry, set in small cluster next to treed community paths. Beautifully fence enclosed backyard deck & patio. 4 levels w/3BR, 3.5BA. MBR has loft above, sky-

lights, luxury BA & W/I closet, 2FP, walkout rec room w/built-ins, eat-in kitchen w/new granite counters. Many more upgrades!

Call Debbie Gill 703-346-1373 or  
[Debbie.gill@longandfooster.com](mailto:Debbie.gill@longandfooster.com)



**Reston \$745,000**  
**What a Lifestyle!**

Stunning waterfront townhouse located on lake Audubon. Renovated 3BR, 3.5BA, 3 decks, balcony and patio to enjoy amazing waterfront views. Stainless steel appliances, new carpet & paint, new windows & roof. Room for deck boat or pontoon along seawall just in back of the house. Close to shopping, walking trails & Silver Line METRO. Priced to sell!

Call Carol Fagan 703-909-1730 [Carol.fagan@longandfooster.com](mailto:Carol.fagan@longandfooster.com)  
or Gail Fagan 703-909-1723  
[Gail.fagan@longandfooster.com](mailto:Gail.fagan@longandfooster.com)



**Reston \$299,900**  
**Minutes to Reston's Best**

Bright and open TH w/granite

and stainless kitchen, hardwood floors and new carpet, new windows & fenced-in backyard. Only a few minutes from Reston Town Center & the new Wiehle-Reston East METRO station.

Please call Duncan Bird 703-309-7872 or e-mail [Duncan.bird@longandfooster.com](mailto:Duncan.bird@longandfooster.com)



**"I work hard for my agents so they can work hard for you!"**

— Anita Lasansky, Managing Broker

[www.Reston-Herndon-Homes.com](http://www.Reston-Herndon-Homes.com)

**1-800-296-2593**

