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HomeLifeStyle



Reston CONNECTION

Oak Hill ❖ Herndon CONNECTION

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PHOTO BY ANDREA WORKER/THE CONNECTION

WE CHANGE LIVES



Maybe it really is you. Maybe you really don't belong in a "gym."

Many people just don't do well in a typical big box gym. Those gyms are too big, there is nobody to help you, and it's easy to get lost in the sea of people already in shape.

It is hard to get serious about fitness when you feel like you don't belong at the gym, when you feel like nobody really cares about you after you join.

But fitness might be the most important thing to living a healthy life. Being healthy makes you a happier person, a better parent, employee, partner or spouse. Fitness is the key to getting involved in life. You can choose to fully embrace your own fitness life, or you can watch other people living theirs. Only YOU can decide to change your life and body when you are ready.

At Koko, we understand all of this, which is why our company was founded over a decade ago. We are the small, alternative fitness choice that exists for people who feel they don't fit into that impersonal big box fitness center.

If you like lots of help and guidance, then we are for you. If you like a small, comfortable place to work out with people just like you, then Koko is your gym. If other gyms have failed you and you felt lost in the crowd, we are here to make sure that this time -- with personal guidance and the proven Koko training methodology -- you will succeed.

Don't take our word for it, come see us for yourself. We offer a full 30-day membership, including full access to our training and coaching programs, for only \$30. Come experience what makes Koko so special. Meet our clients and our staff, and give us a chance to prove that this time you will succeed.

Fitness has to be part of your life; it shapes the way you live today and how you'll look and feel tomorrow. If you have failed before in fitness, remember that there is a place here in our community that is truly different and willing to prove it to you. This time, it is all about you. This time, you will change your life.

Yours in fitness,
The Team at Koko FitClub



Try us 30 days risk free for just \$30. Meet our team, talk with our members, and enjoy all that the digital gym has to offer. There is no obligation: If you don't love Koko in 30 days, we haven't earned your business.

*Some restrictions may apply. See club for details.

Koko is all about family for us... it was my 17 year old who begged me to give it a try. I loved it at first because it was easy to fit into my schedule and was something fun for me to do with my teenager. Now I love KOKO because I see the results and I feel so much better. KOKO is just a part of my life. KOKO is like no other fitness experience. It's not a regular gym (thank God -- no mirrors!). And it is an easy way to fit exercise into your schedule without it being a drag. I actually like working out now which was certainly not the case before. KOKO is fun because it challenges you individually, is efficient and gets results! I recommended it to my neighbors and now they're KOKO Nuts too!



~ Leesa Donner, Great Falls

I previously belonged to three other gyms in Reston, and I had never made it a full year before my attendance dropped off. With Koko, however, I recently passed my two year anniversary and am still going strong. I love that I can get a full body workout every time in less than an hour. The cardio and strength workouts continue to push me to work harder than I ever did on my own at previous gyms. As a result, I'm in the best shape of my adult life. And the desire to keep feeling this healthy and strong keeps me coming back. Thanks Koko!

~ Watt H., Reston, VA

There is absolutely no way I would achieve what I do at this club ANYWHERE else. I've lost over 15 lbs, my blood pressure is lower, and I am looking and feeling better than I have in 10 years!



~ Scott Kreitz

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PHOTOS BY ANDREA WORKER/THE CONNECTION

Symposium headline speakers Sen. Tim Kaine (D) and Virginia Secretary of Education Anne Holton listen with interest to Nysmith sixth grader Vikram Bala as he explains his Fuel Cell of the Future project.



The symposium's afternoon panel, from left: Moderator Rob Zitz, SVP for the National Security Sector, Leidos, Pooja Chandrashekar, Thomas Jefferson High School for Science and Technology, former astronaut Ken Cameron and Eric Schierling, former Naval F18 Top Gun pilot were on hand to talk about the career paths that are open to STEM-field students, in the section titled: "Making STEM Cool to K-12 Kids."

Promoting STEM, Hands-on

BY ANDREA WORKER
THE CONNECTION

With Fairfax County police officers directing the line of cars and the pedestrians crossing EDS Drive from the overflow parking lot, you would be forgiven if you thought all this activity was because of a sold out rock concert or championship sporting event. What was taking place, however, was much more important than any type of entertainment. The Nysmith School was hosting the 2nd Annual K-12 STEM (Science, Technology, Engineering, Math) Symposium for the National Capital Region, featuring speakers, panel discussions, exhibits, hands-on experiments for children, and materials about government and industry STEM-related high school and college internships.

Under the umbrella of the WashingtonExec's Stem Council and their over 20 private/public sector leaders, the programs offered engaging opportunities for students, teachers, parents and members of the worlds of government, academia, and private and nonprofit organizations to spark STEM interest from the students, encourage parent involvement and to support educator creativity and commitment.

THE FIRST PANEL discussion addressed some of those needs with speakers from Google and the National Geospatial-Intelligence Agency. After a break, event co-chairs Dr. Evan Glazer, principal of Thomas Jefferson High School for Science and Technology in Alexandria, and Lou Von Thae, president, National Security Sector of Reston-based Leidos, continued with that theme.

"High Schools and colleges are producing less graduates in the tech fields," said Von Thae, "when we already need 20 percent more engineers than we have, and with the need still growing." What is most lacking in the pipeline? was a question from



STEM fields take all kinds of shapes and "angles" as you can see from the work being done by these Nysmith School students who have started their own online news website geared toward the viewers of their generation. From left: sixth-graders, Emma Stephens, Caroline Huber, co-founder and Editor-in-Chief Alex Joel, Andrew Chen, Anuraag Kaashyap and fourth grader co-Editor-in-Chief Ben Joel. Check out newzangle.com.)

the floor. "Deep math and deep physics," responded Von Thae, "essential skills for the critical areas, like cybersecurity and the protection of our vital technology-dependent infrastructures. We are worried," he acknowledged. "That is why we organize events like these, and sponsor the cybersecurity and robotics competitions." Lego Robotics competitions have been added to the arsenal, looking to encourage interest in STEM fields from the earliest ages.

Principal Glazer led a section that had a large number of audience members taking notes. It was his job to make the presentation on the Symposium's subtitle: "The Parent Factor: How to Engage Your Children in STEM." Glazer provided numerous useful tips from several studies and his own years of experience. Symposium attendees received access to a free Parent-STEM Ac-

Sen. Tim Kaine and Virginia Secretary of Education Holton headline K-12 STEM Symposium at the Nysmith School in Herndon.

to advance career and technical education and believes that such knowledge can come from a variety of education sources, from traditional colleges and universities, to technical educational centers. In response to a question from TJHSST freshman Varun Saraswathula, Kaine told the audience he was deeply involved in updating the old "No Child Left Behind" legislation that has expired, and, in any case, "needs to be updated to reflect the current climate and our needs from our education providers."

The panel discussion that followed Sen. Kaine's and Ms. Holton's remarks focused on the career paths open to STEM students – and how much fun those career choices can be. The panelists were former Naval F18 Top Gun Pilot Eric Schierling from Vencore, Inc., former astronaut Kenneth Cameron, Colonel USMC (Ret) now with SAIC, and Pooja Chandrashekar, a student at Thomas Jefferson High School for Science and Technology.

WHEN NOT LISTENING to the speakers, the symposium attendees spent their time wandering the halls of the Nysmith School where dozens of exhibitors had set up booths with information and demonstrations. A number of Nysmith students were also manning booths, explaining their science projects (many of them award-winning) and their STEM-related activities. Nysmith has the Cybersecurity Middle School Competition State Champion Team. The team is in preparation for the National Finals next weekend. Want to know more about STEM fields of study and how to engage the next generations in preparing to answer the call of the future? Check out the STEM Symposium website www.stemsymposium.com, where you can download the Parent STEM Guide. The WashingtonExec's website, www.washingtonexec.com also posts STEM information and upcoming STEM related events.

Public Commission To Review Police Policy

Over some objections, Bulova launches ad hoc commission in wake of police shooting and obfuscation.

BY KEN MOORE
AND TIM PETERSON
THE CONNECTION

Supervisor Michael Frey did not mince words when voicing opposition to Chairman Sharon Bulova's establishment of an ad hoc police commission Tuesday, March 3.

"This is not the time nor the right way to proceed," said Frey (R-Sully).

Bulova's commission will include law enforcement, legal experts, citizens, academics, public information officers, and media.

Fairfax County Police officer Adam D. Torres shot and killed John Geer of Springfield inside the doorway of his own home on Aug. 29, 2013. Police were called following a domestic argument, and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. Geer was shot in the chest and died in his house without receiving medical attention. It took

Commission Members

POLICE

Det. Sean Corcoran, Fairfax Coalition of Police Local 5000
Det. John Wallace, Fairfax County Police Assn.
Brad Carruthers, Fairfax Fraternal Order of Police, Lodge 77
Joseph Woloszyn, Southern States Police Benevolent Association
Lt. Gervais Reed, Fairfax Black Law Enforcement Officers Association
Lucy Caldwell, civilian public information officer
Lt. Col. Tom Ryan
Maj. Joe Hill (alternate)
Representative from Fairfax County Sheriff's Dept.

LEGAL

Douglas R. Kay, Fairfax Bar Assn. president-elect
Bob Ross, former deputy county attorney
U.S. Department of Justice's Nat'l Institute of Justice (Invited)

ACADEMIC/CONSULTANT

Robert Kane – Drexel University, Director and Professor, Criminology and Justice Studies Program (Fairfax County resident)
Jack L. Johnson, PricewaterhouseCoopers, public sector practice

MEDIA/PR

Broadcast Media representative (shared seat): Jeff Goldberg, WJLA, Peggy Fox, WUSA9
Mary Kimm, Connection Newspapers
Merni Fitzgerald, former director of public affairs, Board of Supervisors
Representative from the Virginia Coalition for Open Government

CITIZENS

Jeff Stewart, Chantilly
Adrian Steele, McLean
Nicholas Beltrante, Virginia Citizens Coalition for Police Accountability (with alternate)
Tim Thompson, President, Fairfax County Federation of Citizens Associations
Shirley Ginwright, Chairman, Communities of Trust Committee, Fairfax County NAACP
COUNTY STAFF (Ex-officio members/supporting)
David Rohrer, Deputy County Executive for Public Safety
Tony Castrilli, Director, Office of Public Affairs

more than 16 months, a \$12 million civil suit by Geer's family, intervention by a U.S. senator and a court order to get the first information on the shooting, which came in January when police named Torres.

FAIRFAX COUNTY released more than 10,000 pages of documents about the shooting and the investigation on Jan. 30, 2015, in response to the court order. The documents revealed that four other officers on the scene disagreed with Torres, who said Geer moved his hands rapidly down from his head towards his waist prompting Torres to shoot.

"I think there will be a time to do this, but I think this is after we deal with pending outcome of the Geer case," said Frey on Tuesday.

But that could take years, Bulova said, during Tuesday's Board session.

The commission will review existing policies, practices and programs regarding police-community relations, police-involved incidents and laws regarding the public release of information.

"Our board has been taking a hard look at our policies involving the timing and manner of releasing information in the case of critical police-involved incidents," Bulova said. "This effort can be greatly enhanced by engaging with the community in an open, transparent way."

"I think this is an excellent and right thing to do," said Supervisor John Foust (D-Dranesville).

"I'm real happy to see this review get underway," said Supervisor Pat Herrity (R-Springfield).

"This is a learning opportunity for our community. And I mean everybody," said Supervisor Jeffrey McKay (D-Lee).

Michael J. Hershman, founder of the Fairfax Group, is a citizen representative and will chair the commission. He is "an expert in government and corporate ac-



PHOTO BY TIM PETERSON/THE CONNECTION

Demonstrators from around Virginia met Jan. 8 in front of the Fairfax County Courthouse and Police and Fire department headquarters to demand an independent investigation of the shooting death of John Geer.

"This effort can be greatly enhanced by engaging with the community in an open, transparent way."

— Sharon Bulova

countability and transparency," according to the Board of Supervisors.

THE POLICE DEPARTMENT celebrates its 75th anniversary this year, said Bulova.

"Fairfax County is the safest jurisdiction of its size due in no small part to the hard

work and dedication of our public safety personnel," she said. "The Board of Supervisors and the Police Department recognize the importance of maintaining that public trust and the importance of always reviewing policies and practices and seeking to improve."

Supervisor John Cook (R-Braddock) commended Bulova for putting Fairfax County in a leadership role on a critical matter. "This is more than one case, it's part of a national discussion," he said.

"We want to take the time to get this right," said Herrity.

The board approved Cook's amendment

that a review of crisis intervention training within the police department be added to the commission's scope of work.

But Herrity and Cathy Hudgins (D-Hunter Mill) also raised concerns saying that the board itself be more involved in the review.

"It's been over two years since we have had a Public Safety Committee meeting, although one has been promised for some time," said Herrity. "The board needs to have a discussion in open session on these critical issues."

"I think it is the board that should be clearing the mind of the citizens as to where we are," Hudgins said. "This is not the way I would like to do this."

Frey believes the commission will solely focus on the Geer case. "This is the latest reaction to a nasty situation in the media," he said. "I guarantee that focus will not be on process, it will be on this case."

The commission will "review all police department policies related to critical incidents including how and when information is released to the public," according to a release issued by the county. It will also review police policies related to use-of-force training policies, threat assessments and the Internal Affairs Division.

"The commission will also review practices related to the release of information ... along with the relationship between the FCPD and the Office of the Commonwealth's Attorney, and the provisions of the Virginia Freedom of Information Act."

"We will be better at the end for having done this," said McKay.

IN OTHER MATTERS, the board held a 90-minute closed session.

"This is not the time nor the right way to proceed."

— Michael Frey (R-Sully)

Afterwards, Vice Chairman Penelope Gross announced that County Attorney David Bobzien will retire June 30, 2016 and will reorganize the day-to-day operations of the office.

The board will begin the search process for a county attorney by the end of this year.



Herndon High Students Recognized in Art and Writing Competition

The following Herndon High School's students had winning artwork in 2015 Scholastic Art and Writing Competition Award: Rebekah Soliday – Senior (“Cut Here” – Gold Key; “Staggering Striping” – Gold Key; “Shadows of Death” – Silver Key; “Tiger’s Eye” – Silver Key); Adriana Lundgren – Senior (“Puppeteer” – Silver Key and “Tension” – Silver Key); Valeria Erazo – Senior (“Fear” – Silver Key); Shannon Gaffey – Senior (“Make Me or Break Me” – Honorable Mention) and Susan Srebalus - Junior (“My Escape From” – Honorable Mention).

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Balancing Act: Budgeting for Housing

BY DAVID LEVINE
EXECUTIVE DIRECTOR
GOOD SHEPHERD HOUSING AND FAMILY
SERVICES, INC.

In our work housing families and individuals experiencing homelessness, many of them have never lived in housing of their own. They have lived doubled up with relatives and friends, camped out in broken-down minivans, or checked into motels for overnight stays. But signing a lease with a commitment to a year's worth of monthly rent payments — that's a new or long-ago experience for them. And it's a scary one, too.

That's when we come into their lives to help them out. Our housing locators and case managers work with them to understand the basics of renting a housing property. Without question, the rental lease gives them rights. It bestows on them the new lawful designation of "tenant." But a rental lease also comes with new responsibilities.

The responsibilities are not easy. Paying rent on the first of the month is their highest priority as a tenant. Keeping in line with rental community rules and regulations is equally important. Making sure that they keep their housing

in a good condition is another one. Excessive damage and wear-and-tear of their rental housing will make their security deposits — the one they had struggled for weeks to pull together — vanish into thin air.

We know the hardest part is making that rent payment on the first of each month. It is a real balancing act. As the sociologist Sudhir Venkatesh once noted about low-income families living in South Chicago who struggled to make rent payments: "This does not mean people fail to plan but ... there are separate temporal horizons, one in the immediate future and the other a longer way off." In other words, these families focus on the expenses to be paid today, not tomorrow or next month.

In its just released poverty study of women and girls in the Washington D.C. metropolitan region, the Washington Area Women's Foundation included information on the average monthly expenses faced by poor families living in our region. Drawing on 2013 U.S. Census Bureau data and other datasets, the author of the study provided measures of economic security for what a family of three without public assistance would need to pay its expenses.

For example, even at \$1,325/month as the average rent in Fairfax County, this monthly rent is actually not the most costly of the family's household expenses. In fact, at an average of \$1,821/month, the highest monthly expense is for childcare. All told, when all the expenses are added up, a typical family of three would need \$82,572 in annual income in Fairfax County to afford to live comfortably there and cover all its expenses.

The federal poverty line annual income for a family of three is \$19,530. As many families experiencing homelessness are earning just above the poverty line, the amount of income needed to live without worries in Fairfax County is a long way off for them.

Still, even for low-income families and individuals experiencing homelessness, our case managers and housing locators can make a world of difference. They work to find them very affordable housing within a shrinking pool of this kind of housing. Once housed, they support them in getting a budget in place — and then we can only hope that nothing upends their budgets.

No medical emergencies. No transmission repairs on their cars used for work. No one-time spikes in their heating costs. It is a balancing act.

COMMENTARY

LETTERS TO THE EDITOR

An Open Letter to Governor McAuliffe,

Dear Governor McAuliffe,

When you visited our Pre-Session Round Table Luncheon in December 2013, we in the League of Women Voters were thrilled to hear you say, "I think we should do everything we can to make voting as easy as possible in Virginia."

You have kept your word, and have been a wonderful friend to voters in Virginia. We were proud to sit near the front when you announced budget money for new voting equipment, at your press conference in Virginia Beach — and to lobby for that budget line.

Now a bill has been passed by both houses, requiring citizens who apply for absentee ballots to include a photocopy of their valid photo ID. There is no real purpose to this bill, beyond making it harder to vote — because registrars have no photo with which to compare the mailed copy.

This measure would have especially harsh effects on the old, the poor, the disabled, and the homebound — depriving them of an easy way to vote if traveling presents a challenge.

A number of organizations — including many in the electoral board and registrar associations — oppose this bill. The League stood with them to lobby against this

suppressive measure. And now we ask you, with great respect: Please veto House Bill 1318!

We are counting on your strong promise to defend voters in Virginia. Thank you again for all you do for citizens.

Anne Sterling
President, League of Women
Voters of Virginia

Helping Mentally Ill

To the Editor:

I would like to discuss the article "Managing Mental Illness in Jails" (Connection, February 25-March 3, 2015). I think that the mention of the mentally ill woman, Natasha McKenna, demonstrated an important issue in our society today. That issue is the prevalence of mental illness and how it is present in individuals but ends up affecting the larger society. This is because some people may see this as just one woman who had a history of mental illness, but fail to understand what may have contributed to her illness and the illness of others. I believe that we should look to the prison system, which is so widespread in our nation and question the effect prison has on people. Also, we should look at how we view mentally ill people. Do we just ignore them or do we actually try to help them so they don't end up in these

harsh prison environments? Our society has to be held accountable to an extent for instances like this where people are not being given the treatment they need but only being seen as criminals and are treated as such. I am not in favor of leniency for serious offenders, but I think more could be done by common people to prevent mentally ill people from committing crimes and getting thrown in prison frequently. These are just some of my thoughts about this issue.

Steven Koskulitz
Herndon

There is No 'Away'

To the Editor:

I am dismayed by what my neighbors' put out for "trash." Yes, we all know about Goodwill, Purple Heart, various organizations that collect clothing, kitchen gadgets and other items. We are all pretty good about recycling paper, glass, plastic, and cardboard. But much is put on the curb that is not trash. Below are just a few of what I have seen on the curb side for trash pick-up this past trash day.

A bike; this is one of the worst items to put out with trash. Bikes of the World collects "any serviceable complete (or nearly-complete) bicycle, adult or children's,"

— See more at: <http://bikesfortheworld.org>.

Here is a link to how the wall-to-wall carpet industry is recycling their products and keeping carpet out of landfills. <http://carpetstowall.com/carpet-recycling-process/>.

A child's dresser. Was it useable? Could wood glue on a drawer or two make it whole? Habitat for Humanity Restore would take that dresser, other old furniture, kitchen sinks, bookshelves, old bath tubs, they are easy to call and ask what they take and don't take. <http://www.habitat.org/re-stores>

So, as spring "cleaning" arrives and de-cluttering our houses happens, and we "throw away" we need to think first about how to keep items out of the landfill, because there is no away.

Kay Fowler
Herndon

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

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SPORTS

Sophomore Connolly Propels Oakton to Region Championship

Cougars limit Virginia Tech signee Koshuta to 10 points.

BY JON ROETMAN
THE CONNECTION

Oakton forward Delaney Connolly throughout the season has shown a willingness to step behind the arc and shoot.

Initially, head coach Fred Priester desired a more conservative approach from the 6-foot sophomore. As the season progressed, Connolly received Priester's blessing to fire away from 3-point range.

On Saturday night, Connolly didn't hesitate to launch from long distance, and the results helped the decorated Oakton girls' basketball program bring home another trophy.

Connolly knocked down four 3-pointers, scored a game-high 20 points and helped Oakton beat Madison 50-42 in the 6A North region championship game at Robinson Secondary School. It was the Cougars' first region title since 2012, when Oakton went undefeated and won the AAA state championship.

Connolly helped in the paint Saturday night, grabbing nine rebounds while contributing to a group defensive effort against 6-foot-2 Madison post Kelly Koshuta. But it was her perimeter performance that had the greatest impact.

"All year long, we've been working with her, working with her, working with her," Priester said. "First game of the season, she jacked up a couple, I said let's just chill a little bit."

It's safe to say Priester's tone has changed.

"She has," the head coach said, "my absolute green light to shoot that ball."

CONNOLLY made her first 3-pointer of the night with 3:44 left in the opening quarter. She made a pair of treys in the third quarter, the second of which gave Oakton a 30-25 lead.

Connolly's most important 3-pointer came with 4:23 left in the fourth quarter. Oakton led by two when No. 44 knocked one down from the top of the arc, giving the Cougars a 43-38 advantage. Oakton led by at least five points for the remainder of the contest.

"Priester told me to shoot, but it was also my teammates really helping me to get open," Connolly said. "We all instill confidence in each other."

While Connolly came up clutch, Oakton's defensive effort was equally important.

The Cougars limited Virginia Tech signee Koshuta to 10 points four days after she scored 33 in a semi-final victory over Chantilly. Oakton used a zone defense and double-teamed Koshuta to limit her touches and make life difficult for her when she did get the ball.

Instead of working the ball inside to Koshuta, the Warhawks often settled for perimeter shots. Madison did knock down seven 3-pointers and kept the game close, but also experienced dry spells.

"Everyone double-teams me," said Koshuta, the 6A North region Player of the Year. "When you do that, you find the open player. ... For a while, we were hitting the shots, and then some of them just weren't falling toward the end."

The Oakton defense wasn't the only thing hinder-



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Oakton sophomore Delaney Connolly scored 20 points and grabbed nine rebounds during the Cougars' 50-42 victory over Madison in the 6A North region final on March 7 at Robinson Secondary School.

ing Koshuta, who got into early foul trouble. She went to the bench with about 3 minutes remaining in the first quarter after picking up her second foul. After briefly entering the game in the closing seconds of the opening period, Koshuta returned to the bench and stayed there for the entire second quarter.

After scoring just one point in the first half, Koshuta scored eight in the third quarter and Madison trailed 37-36 entering the final period.

"We were just trying to get as many people around her [with our] zone," Oakton senior guard Karlie Cronin said, "and just keep her away from the basket and from getting the ball because when she has it, she's hard to stop."

THE COUGARS held Koshuta without a field goal in the fourth quarter and pulled out the win.

"She's such an incredible player," Priester said. "Slowing her down just means keeping her under 30 [points]. ... I know she got in a little foul trouble early. I know she didn't seem to be her usual self moving around."

Oakton guard Lindsey Abed finished with 11 points and Alex Marquis finished with 10. Sophomore center Maddie Royle had six points and five blocks.

Alexis Hermes led Madison with 13 points. Aidan McWeeney knocked down a trio of 3-pointers for nine points, and Morgan Simpson added seven.

Each team clinched a berth in the state tournament by reaching the region final. The semifinals are Friday in Richmond.

"In its own way, because of the way the format is, [the region championship game is] sort of a game that's hard to get ready for — you know you're going to advance anyway," Priester said. "... The thing about something like this is no one can take this away from you. That banner goes up in your gym. ... [Coaches and players will] never forget that."



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon sophomore Alexa Bradley competed in three events, including bars, at the VHSL individual state gymnastics meet on March 8 at Patriot High School.

Herndon Gymnast Bradley Competes at State Meet

Herndon sophomore Alexa Bradley competed in three events, including a top-15 finish on bars, at the VHSL individual state gymnastics meet on March 8 at Patriot High School.

Bradley placed 15th on bars with a score of 8.975. She also competed on vault (tied for 25th, 9.1) and floor (38th, 8.45).

"I think I performed the best that I could have," Bradley wrote in an email. "My floor routine wasn't the best. It was a really long, tiring day but a little disappointing because I know I could have done better."

Fairfax senior Rachel Barborek won the all-around state championship with a score of 38.7, and finished first on floor, bars and beam. Marshall's Morgan Stahl placed third in the all-around (37.625) and Washington-Lee's Sophie Hatcher finished fifth (37.325).

"States was a really cool and unique experience that not a lot of people can experience," Bradley wrote. "I am very proud of

how far I got and hope I can make it to states my junior and senior year."

The individual competition was originally scheduled for Feb. 21, but was postponed three times due to inclement weather concerns. The meet was re-scheduled for Feb. 28, March 7 and finally March 8.

"After regionals, I think I practiced about once or twice leading up to states because all of the snow days and the postponements," Bradley wrote. "I previously had to scratch from the meet the first time it got postponed, so I stopped practicing completely. But when it got postponed again, I got one practice session in."

Bradley won the Conference 5 all-around championship on Feb. 5.

"This season, I learned to be more confident and to have fun," Bradley wrote. "I really enjoyed my second year as a high school gymnast and can't wait for next year!"

— JON ROETMAN

Utility Player: Giving Her All

Herndon's Rotary Club names Lisa Lombardozzi Citizen of the Year.

BY KEN MOORE
THE CONNECTION

For the next three to four weeks, Lisa Lombardozzi will have one eye on spring training in Florida. Lombardozzi's nephew, Stephen Paul Lombardozzi Jr., a former Washington National and former Baltimore Oriole, is fighting to earn a spot on the Pittsburgh Pirates.

Steve Lombardozzi Jr. makes himself useful all over the field, at second base, third base, shortstop and in the outfield. He pinch hits, bats from both sides of plate, and is a stellar defender with a perfect fielding percentage in the outfield.

That's similar to the way his Aunt plays, making herself useful wherever and whenever she can around Herndon, volunteering to help out with most every cause.

As president of LINK, she assists a group of churches in Herndon and Sterling who provide food to area families who find themselves in emergency situations.

With the Herndon Woman's Club, Lisa Lombardozzi chairs the club's Home Life department, organizing coat drives, toiletry

drives, food drives and many more events to assist those in need.

With LINK and In partnership with the Capital Area Food Bank (CAFB), she has started a Mobile Food Pantry program where the food bank delivers pallets of food to a church parking lot in Sterling, and LINK volunteers assemble and package the food, which is given to families in need.

"When we all listen to everything Lisa does, we all think, 'Gosh, I'm not doing enough,'" said Patricia Dunn Williams, of the Herndon Rotary Club, and founder of Graceful Care.

"She's a very busy lady," said Supervisor John Foust. "She's been at this for a long time and does a wonderful job."

ON FEB. 25, the Herndon Rotary Club named Lombardozzi the 49th Herndon Rotary Citizen of the Year for her community service and volunteerism.

"The award goes to somebody who has done an amazing amount of volunteer work," said Mary Drum, of the Rotary Club.



Lisa Lombardozzi, president of LINK, pictured here with Marty Smith, Cluster One assistant superintendent for Fairfax County Public Schools, on March 12, 2012, as they cut the ribbon on the new food donation bins at Dranesville Elementary School.

CONNECTION FILE PHOTO



Lisa Lombardozzi

Lombardozzi organizes coat drives and food drives; arranges holiday gift distributions to more than 800 families in need; has served as President of Herndon Middle and High school PTAs; actively volunteers in Young Life; prepares the newsletter for Herndon United Methodist Church; chairs numerous committees

and assisting with community events; and has been the president of the Herndon Woman's Club for two years.

"To honor her dedicated volunteer spirit and commitment to improving the quality of life in the Herndon community, the Mayor and Town Council of the Town of Herndon, hereby proclaim February 25, 2015 as 'Lisa Lombardozzi Day.'"

Lombardazzi enjoyed a Rotary Club banquet in her honor that night.

"It's the way I was raised. My parents said we were expected to be involved in our community," she said.

"We were taught to love God and love people. I love people so giving back is second nature to me," she said. "I can't imagine not giving back with my free time."

Lombardozzi was a longstanding pantry coordinator for LINK, a local organization providing emergency assistance to those in need, and became LINK's President in 2011, where she continues to serve.

"It's expensive to live in this area," said Lombardozzi. "I don't know if [families in need are] ever going to make enough money to live in our area. They'll be struggling every day of their lives."

Williams said she's been encouraged by her friend to help find bilingual volunteers who can help LINK field incoming calls.

"She is a leader," said Williams. "She's so easy, everyone is her friend. She's always finding a way to get others to help."

"Everything she touches grows tenfold," Williams said, "because of her leadership."

Lombardozzi has earned awards for her civic activism in the past. Supervisor Foust named her to be Lady Fairfax in 2009, a Fairfax County honor.

"Nobody can do anything by herself," said Lombardozzi. "It takes a lot of people to do things."

LISA LOMBARDOZZI also works for the Northern Virginia Baseball Travel League, and has housed collegiate baseball players playing in the summer collegiate baseball leagues here.

In terms of her nephew: the Pirates acquired him on Feb. 3, 2015, 22 days before "Lisa Lombardozzi Day."

Lombardozzi Jr. left Washington when the

House Joint Resolution No. 850

This General Assembly resolution was patroned by Del. Tom Rust and Sen. Barbara Favola on Feb. 16, 2015.

"WHEREAS, Lisa Lombardozzi has been named the 2015 Citizen of the Year by the Herndon Rotary Club for her many contributions to the Herndon area and her outstanding efforts to assist less fortunate members of the community; and

WHEREAS, a tireless volunteer, Lisa Lombardozzi has been a member of the Herndon Woman's Club since 2004; she also serves as president of LINK, a group of churches in Herndon and Sterling who provide food to area families who find themselves in emergency situations; and WHEREAS, since joining the Herndon Woman's Club, Lisa Lombardozzi has made a difference in the lives of those who need help; she became chair of the club's Home Life department, organizing coat drives, toiletry drives, food drives, and many more events to assist those in need; and

WHEREAS, Lisa Lombardozzi was president of the Herndon Woman's Club for two years and also served on the Labor Day Festival committee and the club's annual fashion show committee; and WHEREAS, since 2011, Lisa Lombardozzi has served as president of LINK; her dedication and vision have produced great synergy between LINK and emergency support groups in Fairfax and Loudoun Counties; and

WHEREAS, under Lisa Lombardozzi's leadership, LINK, in partnership with the Capital Area Food Bank (CAFB), has started a Mobile Food Pantry program; the CAFB delivers pallets of food to a church parking lot in Sterling, and LINK volunteers assemble and package the food, which is given to families in need; and

WHEREAS, another innovative way that Lisa Lombardozzi and LINK have harnessed community resources to provide emergency food is through the School Food Rescue Program; volunteers pick up unused perishable food from schools in Fairfax and Loudoun Counties and include it with previously scheduled food deliveries; and

WHEREAS, through these and many other efforts, Lisa Lombardozzi has touched the lives of countless people throughout Loudoun and Fairfax Counties; she has welcomed many new volunteers to LINK's outreach efforts, and donations have increased so that LINK now serves thousands of people; and

WHEREAS, Lisa Lombardozzi also contributes her time and talents to Herndon United Methodist Church, Young Life, the Northern Virginia Baseball Travel League, and other community and school organizations; now, therefore, be it RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend Lisa Lombardozzi on being honored as the 2015 Citizen of the Year by the Herndon Rotary Club for her outstanding efforts to assist less fortunate members of the community; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Lisa Lombardozzi as an expression of the General Assembly's admiration for her dedicated service to the residents of Loudoun and Fairfax Counties.

Nats traded him to the Tigers with Ian Krol and Robbie Ray for starting pitcher Doug Fister. Last year, he was traded to the Orioles soon before the season began.

Herndon will root with her that Pittsburgh becomes her nephew's next home.

CALENDAR

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

THROUGH MONDAY/MARCH 16

Ice Skating at Reston Town Center. 11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

FRIDAY/MARCH 13

Senior Tea. 1-2 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Every month seniors are invited to visit the gallery to view the current exhibit and enjoy a cup of tea and a sweet treat. Seniors from the Herndon Senior Center are regular visitors. All teas are free and open to the public. For more information call 703-956-6590 or <http://www.artspaceherndon.com/events-2/senior-tea/>

First Friday Art House Cinema. 7:30 p.m. ArtSpace Herndon, 750 Center Street, Herndon. Watch The Intouchables (2001). Each film in the series is selected for making significant contributions to the film industry. Tickets are \$7.50 per person for the movie and fresh popcorn. Beer, wine, water, and concessions will be available for purchase. The doors open at 7.

SATURDAY/MARCH 14

Kid's Trout Fishing Derby. 7 a.m. - 12 p.m. Event meets behind the Herndon Police Station on the Sugarland Run Trail. Experience a relaxing and successful day catching fish with Trout Unlimited volunteers to teach you how to bait, cast, hook and cook your freshly caught dinner. 6\$ advanced registration, 10\$ day of event. All kids must be accompanied by an adult. Information at http://www.herndon-va.gov/content/parks_rec/specialevents/.

10th Annual FISH Fling Gala & Fundraiser. 6 - 11 p.m. Hyatt Dulles Hotel, 2300 Dulles Corner Boulevard, Herndon. FISH is a volunteer, nonsectarian, nonprofit organization that assists local residents through short term crises. Last year, they helped 5,665 people with immediate needs. FISH responds to requests for rent, utilities, transportation to medical appointments, medical items, furniture, home items, and more. For ticket information email FISH@HerndonRestonFISH.org or call 703- 582-3260. To learn more visit www.HerndonRestonFISH.org.

Used Book Sale. 10 a.m. - 5:30 p.m. Herndon United Methodist Church, 701 Bennett Street, Herndon. Used books, movies, and CDs are available. The money raised from this annual sale is used by HUMC to support local, state, and worldwide rebuilding missions.

SUNDAY/MARCH 15

Spring Golf Tournament. 10 a.m. Herndon Centennial Golf Course, 909 Ferndale Avenue, Herndon.

WEDNESDAY/MARCH 18

Wonderful Ones. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Twinkle, Twinkle Little Star - Explore the world above our heads as we read stories, sing songs, and play games about up in the sky. Ages 12-23 months with an



Mountain Faith is a relatively new group of young musicians who are carrying on the legacy of traditional bluegrass and gospel music. See them live on March 21 at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon.

Northern Virginia Restaurant Week March 23-30

The 2nd Annual Northern Virginia Restaurant Week, being held from March 23-30, is a week-long, value priced dining experience taking place at a variety of establishments, ranging from fine dining to fast casual.

Building on the success of last year, which included more than 20 participating restaurants, the event once again brings together some of the area's favorite and new restaurants, including: American Tap Room, Big Bowl, Captain Mas Crab House, Il Fornaio, Tavern 64, McCormick & Schmick's - Reston Town Center, Mon Ami Gabi, Morton's - Reston Town Center, The Melting Pot - Reston, Mellow Mushroom - Herndon, M&S Grill, Paladar Latin Kitchen & Rum Bar, The Zone, JALEO by Jose Andre's, Mum Mum, Naked Pizza, Europa Herndon, Seasons 52, Trummer's on Main.

For more information about Northern Virginia Restaurant Week or the partnership with VHTA please contact Latraniecesa (LJ) Wilson at 703-707-9045, ljw@restonchamber.org or visit restonchamber.org/northern_virginia_restaurant_week.aspx.

adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

SATURDAY/MARCH 21

Northern Virginia Housing Expo.

10 a.m. - 3 p.m. Herndon High School, 700 Bennett Street, Herndon. The Northern Virginia Housing Expo, a free public event showcasing rental and first time ownership opportunities in the region. Expo planners also announced a new web site that will link visitors looking to rent or buy in Northern Virginia with valuable region wide resources. At <http://www.novahousingexpo.org>, visitors will find resources categorized by jurisdiction as well as information on the upcoming Northern Virginia Housing Expo.

Weekend Bluegrass Concert Series: Mountain Faith.

7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Mountain Faith is a relatively new group of young musicians who are carrying on the legacy of traditional bluegrass and bluegrass gospel music.

MONDAY/MARCH 23

Terrific Twos. 11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Up Above the World So High - Engage in wonderment with your little one as we explore the world above with stories, songs and rhymes. Age 2 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

TUESDAY/MAR. 24 - SUNDAY/APR. 5

Herndon High School Art Exhibit.

ArtSpace Herndon, 750 Center Street, Herndon. Art teachers at Herndon High School invite senior artist to show painting, photographs, drawings and digital art. <http://www.artspaceherndon.com/mind-heart-vision/>

WEDNESDAY/MARCH 25

I'm a Builder! Storytime with Wood Blocks.

11 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon. Creativity, scientific thinking, problem solving, and language skills all come into play as we use wood blocks to build, explore, create, and learn (STEAM). Age 3-5 with adult. To register visit <http://www.fairfaxcounty.gov/library/branches/he/>.

SATURDAY/MARCH 28

Celtibillies.

8 p.m. ArtSpace Herndon, 750 Center Street, Herndon. The Dominion Notes Concert Series continues with the Celtibillies joined by Emily Oleson. The Celtibillies, an award-winning quartet of outstanding musicians from Abington, Virginia, play stringed instruments in the style of the Scottish and Irish immigrants who settled in the Virginia Frontier. Tickets are \$15. To purchase tickets got to: <http://www.artspaceherndon.com/dominion-notes-concert-series/>. For more information call 703-956-6590.

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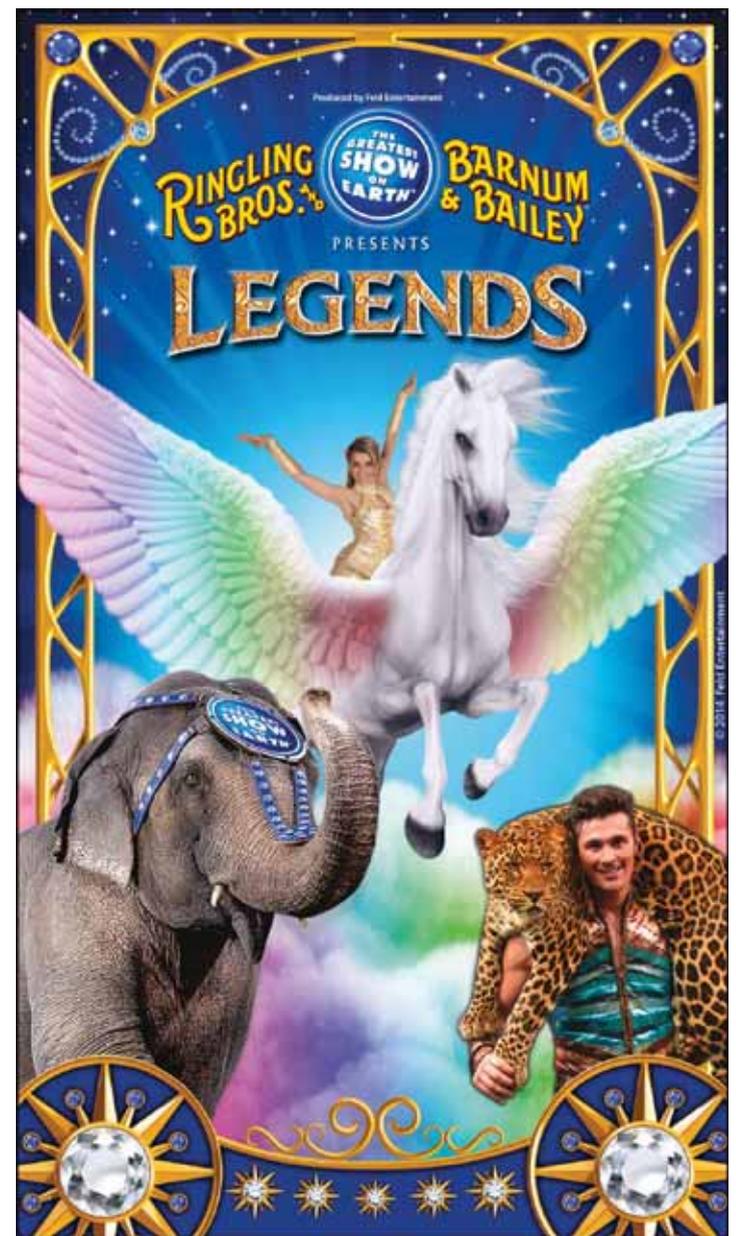


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How Lucky Am I



By KENNETH B. LOURIE

You'll note there's no question mark after the "I." If any grammatical mark, there could be an exclamation point, but that's overstating my reaction a bit. I am not referring to the usual happy-lucky-grateful to be alive sentiment I regularly express in this space; no, this is micro more than macro. What I am specifically referring to is the winter weather and its predictable effects on appointments: cancellations in general, chemotherapy cancellations to be Kenny-column specific.

Yesterday, March 5, the Washington, D.C. Metropolitan Area received approximately six inches of snow, give or take, complicated further by the previous days' ever-unpopular "wintry mix." Ergo, governments and schools were closed and many lives were put on hold, for a day at least, as many activities/appointments were likely to be re-scheduled. All well and good, mostly, except when you're a "terminal" cancer patient and your chemotherapy infusion (your presumptive life-saving/sustaining treatment) is to be administered that day - then it's not so good. Then your life passes before you even faster than when your oncologist first advised you of your extremely unexpected, abbreviated life expectancy/prognosis (for me, it was "13 months to two years").

Fortunately, Thursdays are not my chemotherapy day; Fridays are. But what brought this column's subject into focus was a call I received Thursday evening from the Infusion Center providing me/patients with a special inclement-weather phone number to call to find out if the Center would be open the next day, what hours, etc. This was the first time - in six years of non-stop treatment - when I was given such a specific number/circumstance to call. Previously, I would have simply called the Center or "cell-phoned" my oncology nurse (I have his number on speed dial), to learn of any closures or delays. But, and this is the luck I referred to in the title, never had I experienced any weather-related/affected reason to stress/call. Never experienced the anxiety of wondering, worrying and waiting to learn if my hoped-for, life-saving treatment could go in as scheduled.

Now, whether skipping/delaying treatment really matters in the medical world's reality, I can tell you this: in my world, the patient's world, it seems like it matters an awful lot. Rescheduling feels like you're losing days of your life. What little I know (and it's very little; it's mostly what I feel and think) is that any change in frequency, duration, reduction in medicine and/or protocol, all of which so far has kept me alive way past my original expiration date, can't be a good thing, certainly not a preferred thing; again, in my head, anyway.

And it's these feelings that can complicate the cancer experience: knowing what to make of things externally, and of course, internally. Controlling one's emotions so as not to exacerbate an already difficult situation is my macro cross to bear. However, sometimes small things can weaken that resolve. After six years, I should know better, and usually I do. But receiving that phone call last evening was a reminder of how fortunate and yet sort of clueless I've been about what has happened to other patients and what hasn't happened to me.

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

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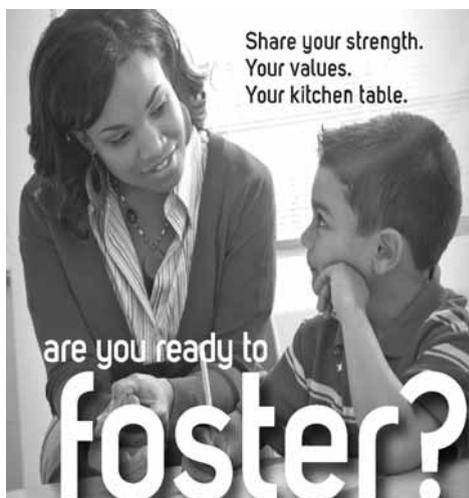
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Housing Expo To Be Held at Herndon High

Are you hoping to rent or buy housing in Northern Virginia? The Northern Virginia Housing Expo, a free public event showcasing rental and first-time homeownership opportunities in the region, will be a free public event on Saturday, March 21, from 10 am to 3 p.m. at Herndon High School, 700 Bennett Street in Herndon.

Some 70 exhibitors have already signed up for the event and will be on site helping attendees, as well as Realtors, banks, mortgage companies, moving companies, security firms, nonprofits and local government housing agencies.

In addition, free workshops will be offered to educate attendees on renting, buying, selling, credit scores, home maintenance, reverse mortgages and condominium living. Free one-on-one financial counseling sessions will be provided throughout the day by Fairfax-based non-profit organization Our Daily Bread.

'Honor Flight' Film Screening

As part of earning their Bronze Award, the highest award that can be earned by Girl Scout Juniors, local Girl Scout Troop 3651 is sponsoring a special screening of the movie "Honor Flight" on March 16 at 5:30 p.m. at AMC Worldgate 9 theaters in Herndon. "Honor Flight" tells the heartwarming story of a nationwide effort to fly World War II veterans to Washington, D.C., to visit the monuments built in their honor. For many veterans, this opportunity is the trip of a lifetime. You will laugh and cry as you follow their very special journey. This is a one-time showing, and tickets are being sold online in advance only. To buy tickets go to: <https://www.tugg.com/events/11973>.

BULLETIN BOARD

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

MONDAY/MARCH 16
USCIS Naturalization Information Session.
7-9 p.m. Herndon Fortnightly Library, 768 Center Street, Herndon, Virginia. Naturalization Information Session for legal permanent residents and interested naturalization applicants. Topics covered at this FREE session will include: Naturalization process, New Naturalization Test, & rights and responsibilities of U.S. citizenship. Adults. <http://www.fairfaxcounty.gov/library/branches/he/>.

MONDAY/MARCH 23
NARFE Dulles Chapter 1241 Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden Street, Herndon, Virginia. Speaker will be Penny Halpern from the Herndon Village Network, a nonprofit organization whose mission is to help seniors age in place. Please call in your reservation by March 19 to Louise Rooney 703-435-3523. \$18.

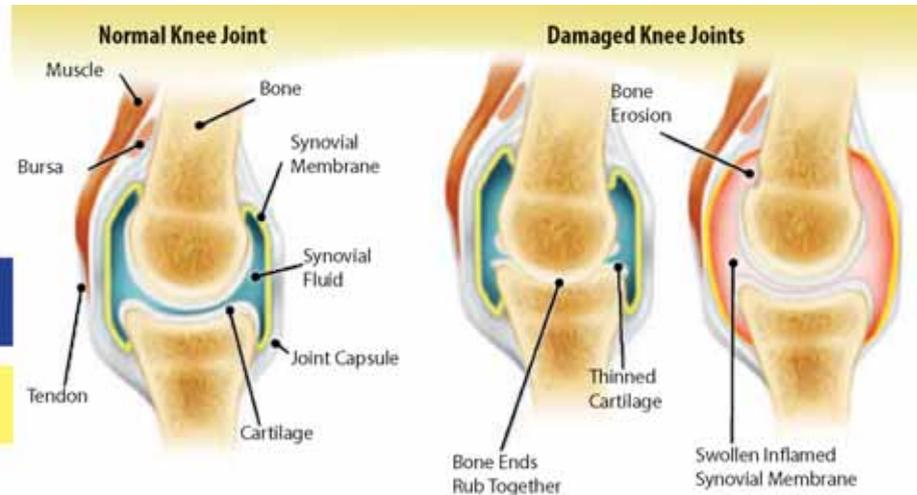
ESL: Intermediate and Advanced Students. Various times. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Conversational groups, grammar, vocabulary and pronunciation. Adults. For information and class details visit <http://www.fairfaxcounty.gov/library/branches/rr/>.



Could This Get Rid of
Knee Pain Once And For All...
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Now, in Sterling, VA, one doctor is helping local
residents with knee pain live more active, pain-free lives.



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- Crunching & popping sounds

Living with knee pain can feel like a crippling experience. Let's face it, your knees aren't as young as they used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Charles Arndt, of Chiropractic Health & Wellness Center. Since we opened, we've seen many people with knee problems leave the office pain free.

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

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Cold Laser is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic knee pain.

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This pain-free, non-surgical approach works by stimulating the body's natural healing processes,

providing pain relief and reducing injury damage.

This leading edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life.

Patients treated with the Cold Laser often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.

**Could This Non-Invasive, Natural Treatment Be
The Answer To Your Knee Pain?**

For the First 25 Callers Only, I'm running a very special offer where you can find out if you are a candidate for Cold Laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call and here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The First 25 Callers Only can get everything I've listed here for only \$35. The normal price for this type of evaluation including x-rays is \$250, so you're saving a considerable amount by taking me up on this offer.

www.ChiropracticAndWellness.com
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Remember what it was like before you had knee problems; when you were pain free and could enjoy everything life had to offer? It can be that way again. Don't neglect your problem any longer – don't wait until it's too late.

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Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 703-376-3832.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Tell the receptionist you'd like to come in for the Knee Evaluation. Our office is located at 20 Pidgeon Hill Dr., Ste. 102, in Sterling, VA.

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Dr. Charles Arndt, D.C.**

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Luxury Apartments Popping Up

Renters want resort-like amenities and access to transportation.

BY MARILYN CAMPBELL
THE CONNECTION

After a long, hard day at work, Jordan Coleman comes home to a large apartment with modern amenities, including a 24-hour concierge, ample living space, a state-of-the-art fitness center and a pool. The apartment features high-end appliances and finishes as well as an open, flowing layout and large walk-in closets. Coleman – a lawyer and Capitol Hill staffer – shares the pricey rent with a friend. The complex is owned by Avalon, which has properties in Arlington, Fairfax, Herndon, Falls Church, Tysons Corner and Vienna, Virginia, as well as Bethesda, Maryland, and Washington.

The demand for high-end apartments in the Washington, D.C., area is high, with rents soaring over the \$7,000 mark. There are some who say the luxurious living spaces and carefree lifestyles are worth the extra money.

“There are two kinds of people who would be inclined to spend that kind of money in

the luxury rental market,” said David Freishtat, who teaches in the Masters in Real Estate Development program at the University of Maryland and practices law in Potomac, Md. “First there are fairly successful, young people who buddy up and share an apartment with two or three friends. They can afford to spend 35-40 percent of take home pay in housing. They don’t spend much on food because they don’t have a family to feed,” he said.

“Empty-nesters who’ve sold their homes and decided to downsize are also inclined to rent high-end apartments. If they bought their house 20-30 years ago and sold it recently, they’re flush with cash,” said Freishtat. “They might be looking to buy a house in Florida or Arizona where there’s no income tax, but for the year and a half until they make that decision they’re going to live in a nice apartment because they’ve always lived in a nice house so they’re adaptable to those kinds of apartments.”

“The trade off in these buildings is that they are in great neighborhoods,” said Coleman. “They’re new construction and



PHOTO COURTESY OF RENAISSANCE CENTRO

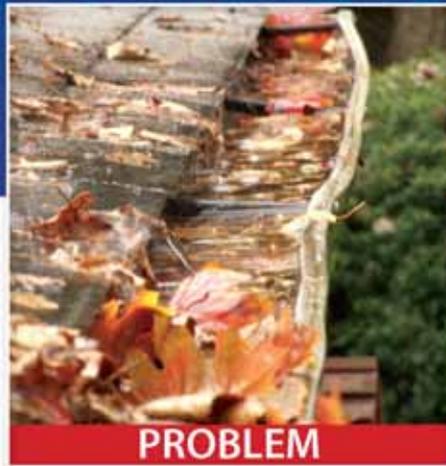
Luxury apartments buildings like The Harrison at Reston Town Center in Reston, offer 28,000 square feet of luxury, resort-style living and an easy commute to downtown Washington, D.C.

the layout is like you’re living in the suburbs, but with the convenience of living in the city. There are kitchens, bathrooms, living spaces are fluid and the closets are ridiculously large.”

ONE OF THOSE NEIGHBORHOODS is Reston Town Center in Reston, Va., with restaurants and shops and public transport-

SEE NORTHERN VIRGINIA, PAGE 3

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HomeLifeStyle

All Over Northern Virginia

FROM PAGE 2

tation. A new, luxury apartment building will have 360 apartments with easy access to such a lifestyle.

The Harrison at Reston Town Center is now open, promising 28,000 square feet of luxury, resort-style living, and an easy trip to downtown Washington, D.C. for work or play.

At The Harrison, where rent runs from just under \$2,000 to as high as \$6,650 a month, residents are offered such amenities as a culinary demonstration kitchen; a private dining room for wine tastings; a gaming area that offers pool, shuffleboard, chess, and card tables, a massage room, a spin studio and a 24-hour gym with state-of-the-art equipment. The pet-friendly property even caters to four-legged friends with a dog park and pet spa.

“People now want to simplify their lives,” said Karen A. Kossow, Vice President of Marketing, Community Realty Company, Inc. which provides leasing and management services for The Harrison. “They want an opportunity for a healthy and enriched lifestyle. For example, with the fitness center and lounge area, there are opportunities for socialization. You can keep your pet here, and there’s even a place to walk your dog or give it a shower. If you work from home there are offices with a printer and fax and conference rooms where you can hold a meeting. These things just make your life easier and simpler and give you more time to enjoy life.”

Also at Reston Town Center is The Metropolitan, owned by Kettler, a real estate development firm based in McLean, Va., and which manages apartments throughout Northern Virginia. Residents at some of the firm’s properties pay more than \$7,000 a month for features such as 17-foot ceilings, floor-to-ceiling windows, wood flooring and ceramic tile bathrooms.

Kettler is also putting the finishing touches on The Acadia, a 411-unit, high-rise luxury apartment building in the Metropolitan Park section of Arlington, Va., and plans to begin leasing units this spring. In October, the firm will begin construction on m.flats Crystal City. It will be Kettler’s sixth property in the Pentagon-Crystal City neighborhood in Arlington.

“Our m.flats apartments are meeting a growing demand for living spaces within walking distance of work, shops and entertainment,” Robert C. Kettler, chairman and chief executive officer of Kettler, said in a

Grand Opening: The Harrison at Reston Town Center

The Harrison at Reston Town Center invites the public to its grand opening weekend, Saturday and Sunday, March 14-15: noon — ribbon cutting; 1-4 p.m. — property tours, cooking demonstrations, wine tasting, fitness class. RSVP for the grand opening events at www.liveharrisonapts.com



PHOTO COURTESY OF RENAISSANCE CENTRO

Easy access to public transportation and close proximity to restaurants and shops attract residents to luxury apartments communities like The Harrison at Reston Town Center in Reston.



PHOTO COURTESY OF KETTLER

Luxury apartment communities like Midtown Alexandria Station offer amenities that help simplify life for busy professionals and empty nesters alike.

statement. “Many young people are forming families later in life. As a result, they not only want to enjoy the vibrancy of city life, but live in an apartment that has many conveniences and amenities.”

At Bent Tree in Centreville, Va., managed by Lincoln Property Company, high-end units include cathedral ceilings, walk-in closets, lighted tennis courts, racquetball courts, a resort-style swimming pool, a

cyber café, a fitness center, bike trails, barbeque and picnic areas and a spacious club house where people can hang out.

Proximity to transportation is another bonus, said Jeremy Feldman of Bent Tree. “You have the Fairfax Connector and we’re near the Metro.”

Luxury apartments that offer residents access to public transportation are doing well. Twenty percent of the units in The Harrison have already been rented, even before its grand opening.

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His and Hers: Special Spaces

Addition pulls together styles and overcomes challenges.

BY JOHN BYRD

Details

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit www.fosterm.com



Al Dobson and his new spacious garage to house his sport car, motorcycles and '60s rock memorabilia.

On the face of it, adding a two-level structure to a 30-year-old brick house is not especially difficult. Essentially, Vienna homeowners Al Dobson and his wife Joan Davanzo each have a pet project — a spacious first level garage to house sport cars, motorcycles and '60s rock for him; a lovely sunroom comprised of floor-to-ceiling window walls for her.

Knock out the existing screen porch; slightly expand the footprint for the garage; sun room goes on top embracing the rear deck and pool; and, Bingo, it's done.

Yet as anyone who has lived in the Fairfax County for a while knows, no project is without complications, and add to this the problems of an unlevel grade, set-back restrictions, strict rules on structures with lots of glass and the owner's desire to preserve all the surrounding trees, and suddenly there are the makings of an intricate engineering challenge — the sort of brain-buster most contractors wouldn't attempt to unravel.

That's how it all started with this deceptively understated Vienna addition: several contractors told Dobson and Davanzo they couldn't have the amount of glass in the sunroom they were looking for; county rules regarding glass and where it can be positioned are rigorously enforced; and then, too, the glass must be "braced" to resist winds that otherwise might cause it to implode — a requirement which inevitably reduces sightlines.

"County rules on glass in new construction have been in place for over a decade," said David Foster, president of Foster Remodeling Solutions, the contractor the couple hired to execute the project. "Because of some tricky complications, a lot of contractors stay out of the sunroom arena — so it's become somewhat specialized."

What several contractors plainly told Joan Davanzo, nevertheless, was that her dream project — as she envisioned it — simply couldn't be built.

"We were told the windows couldn't be as low to the floor, nor as close to the corner as we wanted," Davanzo said. "Since I had particularly liked the openness of the old screen porch the sunroom was to replace, this was discouraging."

By contrast, Davanzo said, Foster began addressing the project's technical hurdles from the first meeting.

"His experience was palpable," said Al Dobson, 70, who has had several previous encounters with remodelers. "The first consideration — which he pointed out im-

mediately — was how to develop a site plan that would satisfy the county, but also give us a sustainable result that allows the aesthetic effects we were seeking."

Part of the assignment would also entail a plan for preserving mature trees on the property's eastern side.

THE GARAGE, which would house Dobson's collectible motorized vehicles, needed a footprint of some 400 square feet, the contractor determined; the sunroom, one level up, would be plenty spacious at slightly over 200 square feet. Hence, Foster's "stacked" pyramidal design not only satisfies family "use" requirements, but also allows the "growing room" needed for an entire grove of mature trees bordering the property's perimeter.

The plan was, of course, partly predicated on lowering the lot's existing grade some five feet, enough to carve out a foundation for the garage and create driveway access.

The foundation also figures prominently in an innovative engineering solution that gives the couple the amount of glass they had been seeking in the sunroom.

To meet the county's wind-bracing requirements, Foster and team designed a narrow-gauge, all-steel framework for the sunroom's many large glass panels which is anchored all the way down to the concrete foundation itself.

Though not visible to the naked eye, the infrastructure allowed designers to extend windows to within a few feet of the floor and mere inches from the corner of the room.

"Our dogs can even look out the windows," Joan Davanzo said. "The design gives us a really a stunning view in all directions."

But, surely, a nearly all-glass room must be quite cold in the winter?

"All the windows are Low-E Argon-filled double pane — state of the art thermal resistance," Foster said.

To reinforce the comforting insularity, however, the contractor applied thermally-resistant spray foam behind the wall sur-



PHOTO CONTRIBUTED

The sun porch solution emphasizes views. Windows are insulated and wind-resistant.

faces — and drilled holes in the steel columns to accommodate an added infusion.

"It's all about creating a tight structure," Foster said. "That's what keeps outside temperatures out."

On the other hand, the sunroom feature Davanzo most appreciates this time of year is how fluidly it opens to spring's balmy breezes. All the windows are casement-style which can be independently adjusted to let in cross breezes. Overhead, two skylights open electronically — and individually. The skylights are also equipped with electric blinds and rain sensors.

The room's interior design scheme, which Davanzo developed in conjunction with Foster, reflects a number of favored owner lifestyle preferences. The golden duotone teakwood floor — comprised of a framed rectangular perimeter traversed with diagonal slats — is a pattern the couple came upon in their travels in Italy. The tongue-and-groove ceiling and warm sea-foam green wall color, likewise, were chosen to

highlight a verdant visual continuum that recalls childhood adventures in the country.

The new sunroom is accessible through an adjacent family room separated by three French doors which Davanzo mostly leaves open.

"This is where I spend most of my time when I'm at home," she said.

For Al Dobson, the favored hang-out now is his "man cave" garage which houses a Corvette, his Italian motorcycle and a sound system that plays choice sounds of the '50s and '60s.

A racing enthusiast who participates in time trials at Summit Point, Dobson wanted a room that speaks to his passion for motor sports. Underfoot, PVC tiles in an iconic checkerboard pattern set the tone for a private retreat decorated with '60s movie posters and other period memorabilia.

"It's a really peaceful spot to just relax," Dobson said. "That's what this process was always for, so I'm glad we pursued it."

Historic Virginia in Gardens

Tour includes a rare private look at special properties in Fairfax County, Old Town Alexandria and Leesburg.

The Virginia Historic Garden Tour is an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to over 250 of Virginia's most beautiful gardens, homes and historic landmarks. This event provides the opportunity to see unforgettable gardens at the peak of Virginia's springtime color, as well as beautiful houses sparkling with more than 2,000 flower arrangements created by Garden Club of Virginia members.

The Clifton Historic District, registered as a Virginia Historic Landmark, was a Civil War railroad stop and is filled with shops, memorable restaurants and restored homes. Clara Barton, founder of the American Red Cross, tended to soldiers after the Battle of Second Manassas at St. Mary's Church and the historic Fairfax Station, now a Railroad Museum.

A self-drive tour on April 21 features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool – four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church.

Tour proceeds fund the restoration and preservation of Virginia's historic gardens, and provide graduate level research fellowships for building comprehensive and ongoing records of historic gardens and landscapes in the Commonwealth, and support the mission of the Garden Club of Virginia.

Clifton and Fairfax Station, Tuesday, April 21

This self-drive tour features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool – four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30 at www.vagardenweek.org or email fairfaxtickets@vagardenweek.org. Visit www.gardencluboffairfax.blogspot.com for a list of local retailers selling tickets.

Old Town Alexandria, Saturday, April 18

Old Town Alexandria was in 1946 the third city in the country to create a historic district to preserve its downtown. Today it has 4,000 buildings with a historic designation. The April 18 walking tour in Old Town includes five row



PHOTO COURTESY OF GARDEN CLUB OF FAIRFAX

Nestled in an equestrian neighborhood, a 10,000 square-foot contemporary home was built in 2013 for an active family with young children. An immaculate two-stall stable is home to a beloved horse and a pony. The wife is an accomplished equestrian as evidenced by a tack room filled with trophies and ribbons.

Virginia Historic Garden Tour in Clifton and Fairfax Station

❖ Redlac Drive, Clifton Located in a pastoral setting with grazing horses nearby, this graceful 1987 Georgian Revival house draws its elegant inspiration from historic Williamsburg. Large rooms with arching Palladian windows overlook a formal boxwood knot garden and serene five-acre landscape. The hardwood tree canopy shades a hillside azalea and rhododendron garden with a bridge over a swale. Dennis

and Cyndy Patrick, owners.

❖ Willowbrook Road, Fairfax Station Nestled in an equestrian neighborhood, this 10,000-square-foot contemporary home was built in 2013 for an active family with young children on the site of their previous

house. A handsome entrance of stone, leaded glass and ironwork leads to a spectacular open-plan living, dining and kitchen area designed by the fun-loving owners with year-round entertaining in mind. The im-

SEE HISTORIC GARDENS, PAGE 7

houses with courtyard gardens in this preserved area, and refreshments at St. Paul's Episcopal Church. In addition to the private properties featured, the tour ticket allows access to The Carlyle House Historic Park, Lee-Fendall House Museum and Garden, George Mason's Gunston Hall and George Washington's Mount Vernon Estate and Gardens. The tour is hosted by The Garden Club of Alexandria and Hunting Creek Garden Club. www.vagardenweek.org

Leesburg, Sunday and Monday, April 19-20

Leesburg was mapped and recognized by the Council of the Colony in 1758. Most of the 11 featured tour properties are located on two historic roads, Edwards Ferry Road and Cornwall Street. The neighborhoods offer a variety of architectural styles and well established gardens. This two-day Towne and Country tour features 11 properties and coincides with the Leesburg Flower and Garden Festival, which takes place on April 18 and 19.



PHOTO COURTESY OF GARDEN CLUB OF FAIRFAX

The self-drive garden tour in Fairfax Station and Clifton in Fairfax County features stables, vineyards, a world-class garden, Georgian-revival architecture, and a stunning 10,000 square-foot contemporary home with a vanishing edge swimming pool – four private homes with gardens and two stables in all.

Home Improvements Earn Awards

Four Sun Design remodeling projects named Washington-area “Contractor of the Year” winners.

BY JOHN BYRD

It’s been a good year for Sun Design Remodeling.

In January, the full-service design/build remodeler won four “Contractor of the Year” awards from the Washington, D.C. chapter of the National Association of the Remodeling Industry (NARI). Then, in February, an already locally-honored gourmet kitchen was named category best (“kitchen above \$150k”) in the 10-state southeastern region.

Winning projects include: a rear elevation poolside recreation solution; a French Country gourmet kitchen (the southeastern regional winner); an open kitchen plan in a traditional interior style; and a lower-level build-out to designed for use by three generations.

French Country Kitchen Is Local and Regional COTY winner: Residential Kitchen Over \$120,000

For Dr. Rick Layfield and his wife Kelly Layfield, the search for their dream kitchen started shortly after they purchased their 3,700-square-foot, four-bedroom home in Clifton eight years ago.

“The kitchen suite was a primary selling point,” Kelly Layfield said of the 400-square-foot room.

But she found the rear of the house dark and dated. Sightlines to the children’s backyard play areas were not well-aligned. And there was a visually obstructive bulkhead over the primary food preparation zone.

Also, the pentagon-shaped food preparation island and dining counter wasn’t well suited for in-kitchen dining. And the corner breakfast area was cramped — making it hard to access a door to the back porch which used to be a pathway to the family’s outdoor grill.

Fortunately, Kelly Layfield’s first meeting with designer John Benson was productive from the start. He proposed a rectangular food preparation island with a granite surface, parallel with the two corners of the cook’s work zones.

Benson also helped Layfield explore the lighter, more textured hues she had been seeking: marble subway tile wall covering; surfaces in Granite Bianco Antico; white cabinets with glass facings; and an oven backsplash in a white quatrefoil tiling. The coffers, likewise, are delineated in a white and grey duotone.

“This is just the balance I was looking for,” Layfield said. “It feels like home.”



PHOTO BY BRYAN BURRIS

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



PHOTO BY MITRO HOOD

BEST RESIDENTIAL KITCHEN: Sun Design’s winning kitchen solution takes full advantage of a 13’ cathedral ceiling with a two-level window wall. Owner Melynda Britt says the space is much better organized, yet more accessible — perfect for entertaining.

Open Floorplan Defines Casual But Elegant Kitchen Residential Kitchen; \$80k to \$120k; COTY Honorable Mention

Steve and Melynda Britt’s four-bedroom colonial in Vienna offered considerable charms when the couple purchased it 10 years ago.

There was a nicely finished library and living room, a formal dining room and a sizable family room in the back half of the house with a 13-foot cathedral ceiling framing a lovely view of mature landscaping.

For Melynda Britt, the larger goal was a kitchen footprint that offered an efficient work space — integrated with the surrounding great room.

“Since the emphasis was on a more intelligent use of limited square footage,” Sun Design’s Durosco said, “we thought custom-built-ins would help create better coordi-

nated work zones.”

Critiquing the kitchen now, Britt is amazed at how much more effectively the solution works on several fronts: The food preparation island protects the cook’s work triangle, and is positioned for easy service to the family room; the beverage station, an effective space divider, is accessible from both the breakfast area and family room; the coffee bar is situated between doors leading to the dining room and the breakfast room, out of the chef’s way; the kitchen’s mosaic tile flooring has been replaced by a refinished hardwood flooring.

“We can now comfortably entertain 20-25 guests,” Britt said. “Better yet, the space is really warm and comfortable.”

Finished Lower Level Offers Multi-Gen Family Solution COTY Honorable Mention

Eric Park and his wife Tina, both physicians, were already quite busy 10 years ago when they purchased a 3,400-square-foot two-level neo-colonial in Falls Church.

“Our plan all along was to create a family home,” Tina Park said. “We saw the lower level eventually playing a part in our daily lives, but were only using it for storage. It wasn’t until my mother began regularly helping us with the girls that we began looking at the house more closely.”

At first Park’s mother, Kay, would stay in the guest room, but gradually everyone started looking at ways to increase available privacy.

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

“A basement conversion is challenging,” said Sun Design’s Liz Lee-Sint, who guided the Park project from concept to completion, “especially when it’s going to be mainstreamed with the rest of the house.”

For Kay, the top priority was a suite with all the features of independent living, including a private entrance, a comfortable master suite and a fully functional kitchenette with dining for four.

On a separate note, the Parks envisioned a 195-square-foot family fitness center and a children’s play zone with custom built-ins.

Describing the finished décor as “modern Asian contemporary,” Tina Park stressed simple lines, soft tones and open visuals.

“It’s really the nicest place in the house now,” Park said. “And it satisfies so many different needs that it’s become our main gathering place.”

House and grounds reconciliation judged this year’s best Exterior Solution/COTY Grand award winner

As Monte Zaben tells it, the rear elevation to his 8,300-square-foot colonial in Fredericksburg was so sun-exposed it was uncomfortable sitting by the pool he had just installed the year before.

After researching several options, however, he stumbled on Sun Design’s portfolio of indoor-outdoor solutions, and set up a meeting.

Combining an extended radius that steps down to the pool with vaulted entrance way, the structure’s architecture is welcoming.

Tapered craftsman-style piers support a seam metal roof. Inside, three distinct activity zones flow together: an open-air lounge; a cozy poolside vista with a pair of wicker chairs; and an outdoor kitchen equipped with a traditional grill, a power burner and refrigerators. A second level grilling deck is now, likewise, under roof.

Happy with the outcome, Zaben said he enjoys the outdoor kitchen so much he was out grilling one of his specialties this past January. “We make regular use of the outdoor space on just about every seasonable day,” he adds. “It’s very much a part of our lives now.”

John Byrd has been writing about home improvement for 30 years. He can be reached at byrdmatx@gmail.com.

Historic Virginia in Gardens

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maculate two-stall stable on the property has attached horse trailer storage and is home to a beloved horse and a pony. Local equestrians will be in the stable to answer horse-related questions. Garth and Heather Viar, owners.

❖ Also Willowbrook Road, Fairfax Station Serenity awaits visitors at this single-story California-style property. The experience begins on the long drive that winds past a riding ring and pastures. Slate steps lead to the entrance courtyard, where a koi pond and bamboo fountain set the warm spa-like mood of this wonderful home. The house, purchased in 2003, has been completely renovated by the current owner. Clean, contemporary and connected to nature, the rooms along the back of the house each open to a series of graceful garden rooms with an entertaining deck, a yoga/meditation deck, an outdoor shower and a seating area surrounding a fire pit. Inside, visitors find delights like a glass conservatory and studio. The eco-friendly, award-winning stable complex contains a four-stall barn, equipment storage, dry lots, round pen, composting system and pastures. Randall and Joan Onders, owners.



COURTESY OF GARDEN CLUB OF FAIRFAX

Located in a pastoral setting with grazing horses nearby, this graceful 1987 Georgian Revival house in Clifton draws its inspiration from historic Williamsburg.

❖ Poplar Grove, Lakewood Lane, Fairfax Station Time stands still at Poplar Grove. A curving driveway leads visitors through towering oaks and flowering cherry and plum trees to a slower, more gentle way of living. The warm cream colored Federal-style home was built in 1964 and renovated quite literally from the ground up in 2001. The owners, one a landscape architect of world-class talent and the other a graduate of DuPage School of Horticulture and a seventh-generation Virginian, carved a paradise of 18th-century grandeur out of what had been seven overgrown acres. The owners' passion and expertise brought to life a two-level Colonial parterre kitchen garden with boxwood topiary, oyster-shell walkways and a climbing-rose-covered chicken coop. Nearby is a vineyard with over 400 Petit Verdot grape vines. Visit the swimming pool garden and follow a shady path that leads to the secret white garden with a pond and splashing fountain. In fact, fountains can be heard bubbling and splashing in every direction. Another fountain brings wandering guests to an alfresco dining area reminiscent of Charleston. Inside, visitors find grand moldings, sparkling chandeliers and museum-quality artwork and antiques. Master Gardeners will be available to answer questions in the gardens. Charles Prillaman and Parker Jennings, owners.

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January, 2015 Top Sales in Reston, Oak Hill and Herndon

IN JANUARY 2015, 9 50 RESTON HOMES SOLD BETWEEN \$1,700,000-\$120,000, AND 40 HOMES SOLD BETWEEN \$985,000-\$165,000 IN THE HERNDON AND OAK HILL AREA.



4 2078 Beacon Heights Drive, Reston — \$918,000



1 11990 Market Street #2104, Reston — \$1,700,000
10 11990 Market Street #1101, Reston — \$750,000



7 11685 Bennington Woods Road, Reston — \$794,000



6 1503 Stuart Road, Reston — \$825,000



5 11004 Burywood Lane, Reston — \$890,000

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	PostalCode	Subdivision	Date Sold
1 11990 MARKET ST #2104	2	2	1		RESTON	\$1,700,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	01/30/15
2 3219 NAVY DR	4	4	1		HERNDON	\$985,000	Detached	0.57	20171	DARTMOOR WOODS	01/09/15
3 2702 ROBALEED WAY	6	5	0		HERNDON	\$947,500	Detached	0.55	20171	ROBALEED	01/26/15
4 2078 BEACON HEIGHTS DR	3	2	1		RESTON	\$918,000	Townhouse	0.06	20191	RESTON	01/20/15
5 11004 BURYWOOD LN	4	2	1		RESTON	\$890,000	Detached	1.16	20194	ASCOT	01/16/15
6 1503 STUART RD	5	3	1		RESTON	\$825,000	Detached	0.84	20194	RESTON	01/06/15
7 11685 BENNINGTON WOODS RD	4	3	0		RESTON	\$794,000	Detached	0.27	20194	RESTON	01/23/15
8 12020 CANTER LN	4	4	0		RESTON	\$790,000	Detached	0.56	20191	RESTON	01/16/15
9 2622 MOUNTAIN LAUREL PL	4	3	2		RESTON	\$770,000	Detached	0.36	20191	FOX MILL WOODS	01/20/15
10 11990 MARKET ST #1101	2	2	0		RESTON	\$750,000	Hi-Rise 9+ Floors		20190	MIDTOWN AT RESTON TOWN	01/30/15

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