

FAIRFAX COUNTY FEDERATION OF TEACHERS

2015 FCPS SCHOOL BOARD ENDORSEMENTS

Congratulations to these candidates, as voted upon by our membership:

AT-LARGE (ALL DISTRICTS) CANDIDATES:

Ryan McElveen

Ilryong Moon

Ted Velkoff

BRADDOCK DISTRICT CANDIDATE:

Megan McLaughlin

DRANESVILLE DISTRICT CANDIDATE:

Janie Strauss

HUNTER MILL DISTRICT CANDIDATE:

Pat Hynes

LEE DISTRICT CANDIDATE:

Tamara Derenak Kaufax

MASON DISTRICT CANDIDATE:

Sandy Evans

MT. VERNON DISTRICT CANDIDATE:

Karen Corbett Sanders

PROVIDENCE DISTRICT CANDIDATE:

Patty Reed

SPRINGFIELD DISTRICT CANDIDATE:

No endorsement

SULLY DISTRICT CANDIDATE:

Karen Keys-Gamarra



Paid Advertisement

Chairman Candidates Offer Stark Differences

Anti-taxer Arthur Purves challenging incumbent Chairman Sharon Bulova.

> By Ken Moore The Connection

haron Bulova is exactly where she wants to be. "I believe in local government. It's where the rubber hits the road, and where you're closest to your constituents," said Bulova, Chairman of the Board of Supervisors, the top elected official in Fairfax County.

"My priorities, the number one priority, is to strike a balance between keeping taxes affordable to our residents while also making sure that we are investing in the services and the programs that people in Fairfax County appreciate, rely upon and live here for."

Bulova, formerly the Braddock District Supervisor, took the helm of the county's board in a special election in 2009 after U.S. Rep. Gerry Connolly was elected to Congress in 2008.

Arthur Purves (R) is Bulova's challenger in this November's general election.

"You have to understand that the economic situation in this county is not good," said Purves. "I already mentioned that we had close to the smallest job growth of any large county in the United States in the past year.

"We lost 14,000 jobs due to sequestration, we lost a lot of middle-income jobs after the housing bubble burst, the number of food stamps applications has doubled since 2008 and staffing for parks and libraries was cut by 100 staff members since 2008," he said.

"To me, it's crucial to cut taxes, not to prevent a tax increase, but to cut taxes."

That was the beginning of the difference between the two candidates' views about taxes at the Great Falls Citizens Association Candidates Debate held at The Great Falls Grange on Sept. 29.

Bulova said she works to "ensure that we continue to have an excellent school system and balancing that with public safety, human services, and great libraries," said Bulova. "Also parks, fire and rescue, all the services including public works making sure that we can have clean air, clean water. Those are priorities of local government."

About 200 people attended.

"LET ME POINT out that Virginia is one of seven states that still has the BPOL tax, the tax where business has to pay a tax even if it loses money," said Purves. "Virginia used to be first, number one, in terms of being business friendly, in the nation and now we're number four."

"In Tysons Corner, all those new commercial office buildings going up, they aren't attracting new businesses, they are just drawing businesses away from other office



Sharon Bulova (D) and Arthur Purves (R) listen to Ralph Appleton's question at a debate at the Great Falls Citizens Association. The Chairman of the Board of Supervisors is the only position on the Board elected at-large.

"We are investing in the services and the programs that people in Fairfax County appreciate, rely upon and live here for."

— Sharon Bulova (D), Chairman, Board of Supervisors

"The economic situation in this county is not good." Arthur Purves (R), challenger for Chairman Board of Supervisors

buildings in the county. So we need to attract businesses and the way to do that is to be more competitive than our neighboring jurisdictions."

Bulova conceded that "these have not been easy times."

"I was elected chairman just exactly as the great recession happened," she said.

"I am a pro-business Democrat and one of my priorities is to stimulate our economy," she said. "Diversifying our industry sector is something that our Board has been focusing on."

She pointed at the growing hospitality business with Cvent, an event planning company that moved its headquarters to Fairfax County, and the World Police and Fire Games held this year, an economic and cultural success.

The county needs to ensure that "we are not so reliant on the federal government and defense related programs and that we are diversifying our economy into different industry sectors such as medical research and translational medicine," Bulova said.

Revitalizing the older commercial and industrial sections of the county, including Tysons and Merrifield have been another priority, said Bulova.

"Transforming Tysons from what has been a highly successful commercial area into a mixed use walkable community that includes amenities and exciting programs for all of us to enjoy, and to make sure that is a walkable community that has the kind of bus service, transit as well as the Silver Line"

GREAT FALLS Citizens Association's Ralph Appleton asked the two candidates about transportation projects, including the toll roads.

"Are there inconsistencies between the

Board plan for I-66 and/or other toll roads inside the beltway and VDOT plans? If so, briefly highlight any differences and your positions on the differences and then, if you want, your position on toll roads — Good, bad, or what?" said Appleton.

"Bad," said Purves.

He said Gov. Terry McAuliffe wants to toll I-66 inside the beltway for an extended period of time and then have HOT (High Occupancy Travel) lanes.

"These are tax hike lanes. That's a better name than HOT lanes," said Purves. "We really ought to understand why there is no money for transportation and infrastructure and it's not an easy thing to solve. At the federal level, all money is being taken up by Social Security, Medicare and Medicaid. We need to fix our entitlement programs if we are to ever fix our transportation problem," he said.

Bulova is proud that she cut the opening ribbon for the Silver Line.

"There's something I agree with Mr. Purves on and that is there was a time when the federal government was the level of government that paid for large transportation projects," she said.

"Regarding tolls, we've had, at least from my point of view, a relative positive experience with managed lanes, HOT lanes on the Beltway," Bulova said.

Bulova said one approach to transportation problems could include creating a network of choices, including carpool lanes and toll lanes. "So this may be a viable transportation project but there are things we care about and want to see dealt with, especially the impacts of the toll lanes on the surrounding communities. Once you get inside the Beltway on I-66 you can't get on it during peak hours, and this project would allow everybody to use it during peak

Second Round of Debates

The Great Falls Citizens Association will hold a second round of debates with candidates for public office in Fairfax County on Monday, Oct. 19 at 6:30 p.m. at the Grange, 9818 Georgetown Pike. Participating in this debate:

School Board Member, Dranesville District: Janie Strauss* vs. Pete Kurzenhauser

School Board Members, At-Large (voters will choose three): Bob Copeland, Omar Fateh, Jeannette Hough, Manar Jean-Jacques, Peter Marchetti, Ryan McElveen*, Ilryong Moon*, Burnette Scarboro, Ted Velkoff*

County Clerk: Bettina Lawton, John Frey*, Marisa Wissar

County Commonwealth's Attorney: Raymond Morrogh* (unopposed)

County Sheriff: Stacey Kincaid* vs. Bryan Wolfe Soil and Water Board, At-Large (voters will choose three): Scott Cameron, George Lamb IV, Jerry Peters, Stephen Pushor

* denotes incumbent

hours."

CONTROVERSY around the Fairfax County Police Department caused scrutiny and criticism of the Board, especially since the shooting of John Geer.

"My boss has a great saying. The saying is, 'Bad news does not improve with age," said Purves.

"John Geer was a civilian and he was unarmed and he was shot by a Fairfax County policeman, and for 17 months the [Board of Supervisors] stood silent while the police department refused to give the details of that shooting to the Commonwealth's Attorney who is responsible for conducting that investigation," Purves said. "And the trust between the community and the police is a fragile thing and it's a very important thing and this 17- month delay, I think, endangered that trust."

Bulova said the Geer case could offer a case study in "everything that could go wrong as far as transparency, sharing what happened with the public and providIng the information that was requested and making sure that justice was timely served. And things did not go well in that case," she said.

Bulova created the Ad Hoc Police Practices Commission, which will report its recommendations to the Board of Supervisors on Oct. 20.

See www.fairfaxcounty.gov/policecommission.

"You'll see all the work we're doing," she said.

Purves brought up the in-custody death of Natasha McKenna, a woman with mental illness who died in the Fairfax County Adult Detention Center, after deputies used a taser on her four times while struggling to restrain her.

"It was a death that probably could have been avoided if the county had mental health court diversion program which it considered doing in 2004 and then abandoned," said Purves. "Jails are the largest provider of care for mentally ill persons in the country."

The county is working towards a "diversion first" program that could address some of those concerns. http://www.fairfaxcounty.gov/diversionfirst/

Dress Boutique

1319 Chain Bridge Road, McLean, VA 22101

703-356-6333

Come To Our Caravan Trunk Show*

Featuring Designers such as: Ideas by Barbara, Scaravelli, Daymor, Jovani, Ursula, Teri Jon, Marisa Baratelli, Alberto Makali and many, many more

*Starting October 16th

You are invited to view fashions for the Holidays including Mother of the Bride, Mother of the Groom, Grandmothers, Bridal luncheons, Rehearsal dinners, Bar/Bat Mitzvahs, Preteens, Debutante, Charity events, Military Galas, Entertainers and accessories. Above all, the epitome of good taste and quality in every price range with a flair for fresh fashions from AM to PM and a professional staff with personalized

Service...Service



Featuring one of the largest selection of Joseph Ribkoff fashions in the area. This Canadian designer's clothing has versatility, quality and affordability. Joseph Ribkoff caters to the upper echelon of the fashion world with versatile dresses for all occasions, day or evening. The separates & related sportswear has trendy items not found elsewhere. These standout silhouettes with dashes of color are a must have for your wardrobe.

Save \$50.00 with this coupon Off First Purchase of 100.00*

Coupon expires November 14, 2015. One coupon per household *Excludes sale items, alterations, sales tax and prior purchases.

Expert alterators on the premises. Sizes offered 4 to 26.

Hours: Monday to Saturday, 10:00 am to 5:00 pm maesdressboutique.com

Easy access - Three minutes from Tysons/Beltway.







VIEWPOINTS How Do Restonians Remember Reston Founder Bob Simon?

Marcus Luczak

"Bob was a true visionary and always full of life. Whenever I saw him he would say hello. His concept of a planned community helped promote diversity throughout neighborhoods."



Marianne Cordyack

"I remember his sense of humor. He was so alert and knowledgeable about Reston."



Marion **Spurlock**

"At the age of 101, Bob could still crack a joke. He was amazing and had a wonderful presence."



A n k Jhangiani

"His vision shows itself at Reston. He was always at Reston activities and events.'



Рнотоѕ ву Ryan Dunn The Connection

FREE Trick-or-Treating







Giant Food • Chipotle Sears Appliance and Hardware

Saturday,

Noon - 2pm

rain or shine

Franklin Farm Village Center is at the intersection of Franklin Farm Road and Fairfax County Parkway in Herndon.





Samantha Mina

"He had a really good sense of humor, and was really open about his vision for Reston. I remember helping to cut his cake for his 92nd birthday."



Ken Knueven

"Bob was my friend, my mentor and my beacon. I'll always remember his guiding words of wisdom – 'Ken stop spinning wheels in the corporate world and do what you do best, take your passion and skills and give back to your community, your family and your friends – the rewards will be immeasurable."



David C. Slatter

"Bob's vision expressed by developers resulted in a superior community compared with the typical urban sprawl. I think his legacy will be a long one in relation to real estate econom-

-RYAN DUNN



"I've shaved an hour off my daily commute. It's made me a better dad and a better husband."

Donald B.
 Stafford, VA

Public school teacher Donald lives in Stafford and works in Falls Church. Before the Express Lanes, he says his commute was stressful and unpredictable. When Donald would slug on the HOV lanes, sometimes it took him an hour to get work. He was always rushing and often resorted to fast food. Since the Lanes opened on 95, he still slugs or carpools to work, but now he can eat breakfast and dinner with his family and is able to spend more time with those he loves. He no longer misses important events and says his personal relationships have significantly improved.

See more real stories from the Lanes at ExpressLanes.com



Donald's story was one of our winning entries in our "Express Lanes Love Story" promotion.

OPINION

Closer Look at School Spending

Report: Local schools spend less to educate more challenging students.

ince Fiscal Year 2009, Alexandria Public Schools has reduced per pupil spending by 13.3 percent, adjusted for inflation. Arlington County Public Schools has reduced per pupil spending by 15.7 percent, but still spends the most per student of any school district in the state.

EDITORIAL

Fairfax County Public Schools has reduced per pupil spending by 6.5 percent over the same period, adjusted for inflation,

but FCPS spends significantly less per student than either Alexandria or Arlington.

These numbers are from a draft report released last month by the Joint Legislative Audit and Review Commission in a report on Efficiency and Effectiveness of K-12 Spending 2015. In FY 2014, the average Virginia school division spent 7 percent less to educate each student than it did in FY 2005.

These numbers are critical to understand as local schools, Fairfax County in particular, face a looming budget gap in the coming budget cycle. It's easy to skip the specifics, look at a large overall budget number and conclude that surely there is plenty of room to cut the budget. These numbers show the problem with that approach.

Fairfax County was among the Virginia school divisions with a reduction in resources and numbers of teachers per student which also had a growing percentage of "resource-intensive" students.

More than 27 percent of Fairfax County Public Schools students were living in poverty in 2014; that's 49,895 students, up from about 18 percent or 28,527 poor students in 2005. Number and percent of students with limited English have also grown over the time period. In 2014, 49,442 students, or 27 percent, in FCPS are limited English proficient, up from 35,091 or 22 percent in 2005. The report calls these students "resource intensive," and what that means is that it costs more to effectively teach them.

The larger chart comes from a different source, the 2015 Washington Area Boards of Education Guide, and shows Fairfax County with far lower per pupil costs and teacher salaries than surrounding school districts.

Arlington and Alexandria school districts also have large percentages of poor students.

Alexandria had 6,160, or 58.8 percent of its students living in poverty in 2005, and in 2014, 7,443 poor students, 55 percent. Alexandria has also had an increase in limited English proficient students, 33.3 percent of 4,510 students in 2014, up from 22.7 percent in 2005.

Public Schools	Fairfax County	Montgomery County, MD	Arlington County	Alexandria City
FY 2015 Cost Per Pupil	\$13,519	\$15,351	\$19,040	\$17,041
Average Teacher Salary	\$66,782	\$75,452	\$76,892	\$73,612
2014 ACTUAL ENROLLMENT				
Total Enrollment	183,895	151,289	23,421	13,563
Percent ESOL Enrollment	17.0%	13.2%	17.4%	25.5%
Percent Free/ Reduced Price Meal Eligible	27.5%	34.3%	31.8%	59.7%
Percent Special Education Enrollment	13.8%	11.7%	14.7%	12.6%
2015 APPROVED ENROLLMEN	TV			
Number Increase/ Decrease from 2014 Actual	2,890	2,889	792	548
Percent Increase/ Decrease from 2014 Actual	1.6%	1.9%	3.4%	4.0%
SCHOOLS				
Elementary	139	133	22	12
Middle	23	38	5	2
Traditional (K-8)	0	0	0	1
Secondary and High Schools	25	26	5	1
Special Education Alternative	7	5	2	0
		0	3	
SOURCES OF REVENUE				
Local	69.6%	66.6%	83.0%	79.3%
State	23.3%	27.9%	12.5%	14.9%
Other	7.2%	5.5%	4.6%	5.8%
AUTHORIZED POSITIONS				
School-Based	93.2%	91.2%	90.9%	89.7%
Nonschool-Based	6.8%	8.8%	9.1%	10.3%
	SOU	RCE: 2015 Washing	gton Area Boards	s of Education Gui

Graphic by Laurence Foong/The Connection

Comparison of local school district finances and enrollment from the 2015 Washington Area Boards of Education Guide.

INFLATION ADJUSTED PER PUPIL SPENDING					
Division	FY 2009	FY 2014	% Change (FY 09-14)		
Alexandria	\$20,323	\$17,622	"13.3%		
Arlington	\$22,214	\$18,736	"15.7%		
Fairfax	\$14,901	\$13,931	"6.5%		
			Inflation adjusted to 2014 dollars		

SOURCE: Joint Legislative Audit and Review Commission report on Efficiency and Effectiveness of K-12

In Arlington, 7,972 students, 33.9 percent were living in poverty in 2014, up from 6,373 students, 35.8 percent in 2005. Arlington has seen a drop in limited English students, from 35.5 percent (6,323 students) in 2005 to 28 percent in 2014 (6,591 students).

As the saying goes, if you think education is expensive, try ignorance. And if you think it's too expensive to effectively educate the population we have, consider the costs of services to people who don't have the education they need to live successfully later in life.

Effective leaders in Northern Virginia will have to lead the way to funding effective school systems in a challenging economic environment. But if you hear a candidate claim that schools can get by on less by being more efficient, ask if they have read this report.

According to the JLARC report: School districts reduced per-student spending on instruction through a combination of employing fewer teachers per student, limiting teacher salary growth, and requiring teachers to pay a higher percentage of health insurance and retirement benefit costs. Divisions report that these spending reductions are hindering instructional effectiveness.

School divisions reduced instructional spending by less than one percent, and non-instructional spending by 10 percent, at the statewide level during the time period.

You can read the Virginia JLARC report here: http://jlarc.virginia.gov/pdfs/reports/ Rpt472.pdf

— Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM

BULLETIN BOARD

WEDNESDAY/OCT. 14

Reston - League of Women Voters Redistricting: the Continuing Saga." 7:30-9 p.m., Reston Community Center-Hunters Woods, 2310 Colts Neck Road, Reston. The League invites members and the public to learn and discuss the latest legal and political actions and possible effects on the Virginia

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

legislative district lines drawn they affect this year's elections? Learn what Northern Virginia districts are named in the latest Court case. The General Assembly drew the lines in 2011: is there a better way? Join the discussion. Free, open to the public (men and women). 703-471-6364. Background papers at

www.lwv-fairfax.org.

THURSDAY/OCT. 15

Coffee and Contracting: GovCon Networking. 8-9:30 a.m. Greater Reston Chamber of Commerce, 1886 Metro Center Drive, Suite 230, Reston. Join the Greater Reston Chamber of Commerce and Odin, Feldman and

Pittleman, PC for an informal speaker. This month's guest speaker will be Antonio Doss, District Director of the Small Business Administration, who will present "Contemporary Issues Faced by Small Businesses in the Federal Government Contracting Space." \$10/\$20. 703-707-9045 or ashleigh@restonchamber.org.

Reston

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

NEWS DEPARTMENT: reston@connectionnewspapers.com

Kemal Kurspahic Editor ❖ 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla

Editorial Assistant 703-778-9410 ext.427 arehmatulla@connectionnewspapers.com

Ken Moore

Community Reporter 240-393-2448 kmoore@connectionnewspapers.com

Sports Editor ***** 703-752-4013

jroetman@connectionnewspapers.com

Jon Roetman

Ryan Dunn Contributing Writer @rdunnmedia

ADVERTISING: For advertising information sales@connectionnewspapers.com 703-778-9431

> Trisha Hamilton Display Advertising 703-778-9419

trisha@connectionnewspapers.com

Andrea Smith

Classified Advertising, 703-778-9411 classified@connectionnewspapers.com

Debbie Funk

National Sales

703-778-9444 debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant 703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon jvernon@connectionnewspapers.com

Editor in Chief 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 @TheismannMedia

CIRCULATION: 703-778-9426 circulation@connectionnewspapers.com



COMMENTARY

Time to Catch Up On School Funding

By Kenneth R. "Ken" Plum State Delegate (D-36)

ccording to the General Assembly's own watchdogs, the Joint Legislative Audit and Review Commission (JLARC), Virginia's local school divisions shoulder the highest share of total K-12 spending in the Southeast region. The finding is hardly news to school superintendents, school boards and local governments as the recession took its toll on the economy and tax revenues at all levels, student enrollment increased and the state share of education spending declined. In FY2014, the average Virginia school division spent seven percent less to educate each student than it did in FY2005, according to JLARC. Also not news to teachers is the JLARC finding that "divisions reduced per-student spending on instruction through a combination of employing fewer teachers per student, limiting teacher salary growth, and requiring teachers to pay a higher percentage of health insurance and retirement benefit costs." Parents also are keenly aware that their children are sitting in classrooms with many more students.

Chairman Sharon Bulova captured the details of the declining state revenue for K-12 education in a letter to the governor recently. She wrote that "though the Commonwealth's budget shortfall was the 20th largest in the nation, the state funding cut to localities was third highest among the states. In fact, since FY2009, structural budget cuts to K-12 have cost localities more than \$1.7 billion per biennium statewide. State K-12 funding in FY2016 remains below the FY2009 level." She observed that "a state that is in the top ten in income should not be in the bottom ten for state education funding, but that is where Virginia finds itself at present."

A recent report based on a sur-



vey by the Virginia Association of School Superintendents found that 92 percent of school districts in the C o m m o n

wealth have cut staff, eliminating more than 10,000 jobs, more than half of which have been teaching positions. Increased class sizes have been reported in 71 percent of school districts. Programs such as fine arts, foreign language, physical education and career and technical education have been reduced at more than half of school districts, and nearly a third of districts have reduced extra-curricular activities such as academic clubs, student clubs and athletics. As the president of the association said, "School divisions simply don't have the finances or human resources to make the changes we want and need in order to prepare our students effectively for higher education and careers."

JLARC report analysis by the Commonwealth Institute for Fiscal Analysis concluded that "supporting our schools at a level far below what it takes to meet growing needs, we put our children and our future workforce in a precarious position. Continuing to pretend that teachers and schools can do more with less, year after year, is not sustainable. It's time to rebuild the damage done to education funding during the recession and invest in our children."

Gov. McAuliffe has said that he will be giving priority to education funding in the budget that he is preparing for the next biennium. The 2016 session of the General Assembly must adopt the same priority.





Reston Town House
All Brick End Unit • Backs To Trees
Quiet Cul-De-Sac

\$369,900

All That And More...3 Bedrooms, 2.5 Baths, 3 Fully Finished Levels with a Walk-Out Basement, And Still More Totally Renovated. New Kitchen, New Baths, All New Carpet, New Paint Throughout

2296 Gunsmith Square • Reston, 20191

Reston End Unit Town House Updated 2015 • Backs To Trees Quiet Cul-de-Sac • 2 Parking Spaces

\$439,900

1 Mile to Silver Line Metro. 3 Bedrooms 2.5 Baths, 3 Fully Finished Levels. Totally Renovated. New Country Kitchen with a Fireplace. New Baths, All New Hardwood, New Paint Throughout.

Largest Model In The Neighborhood

Open Saturday and Sunday 1-4 1531 Scandia Circle • Reston, 20190





Eileen M DuBose

GRI ABR CRS e-Pro SFR CNE MRP Associate Broker Sales, Rentals and New Homes Life Member NVAR Million Dollar Sales 703-403-6030 • EileenD.com





Re-elect

John T. Frey Clerk of the Court



Experienced leadership making our circuit court work for YOU!

- Reduced the time citizens serve as jurors by 75%
- First in the Commonwealth to develop procedural brochures for the public
- Automated the jury management, probate, marriage license, and land records processes

During his 24 years of service John Frey has been:

- Recognized as a Virginia Leader in the Law (2015)
- Received a Freedom of Information Award the Virginia Coalition For Open Government (2013)
- Recognized as the Public Official of the Year (2006)

Vote Tuesday, November 3rd

PAID FOR AND AUTHORIZED BY FRIENDS OF JOHN FREY



RECTORTOWN RD, MARSHALL, VA

NEW PRICE! Charming 3 BR, 2.5 BA. Hardwood ors, wonderful front porch/second level porch lovely views, wood-burning fireplace. 2400+ aft. Peaceful home within mins of Middleburg,



MIDDLEBURG, VA - Excellent condition! Minutes from town, private & protected, all brick Georgian built in 1998. 10' ceilings on first floor, coved ceiling, lovely molding, 2 gas fireplaces, 4 BR, 4.5 BA, new sunroom, great kitchen, 3 car garage w/ workshop, circular asphalt driveway on 7.75 cres. Perennial gardens with stone walls, gstone terraces and views \$1,385,000

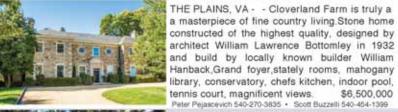


JPPERVILLE, VA - 50+ gorgeous acres! xtraordinary brick colonial in prestigious erevstone. 9000+ sq.ft.of spectacular living pace featuring 3 beautifully finished levels. leated pool, tennis court and brilliant gardens verlook pond with mtn views! \$3,999,000



LEESBURG, VA - One-of-a-kind home. Main level master. Open Kitchen & Morning oom, Family Room w/ Stone FP, Large ine Cellar, HUGE indoor pool, pond, lazebo, Outdoor Kitchen. \$1,350,000

Pejasoevich 540-270-3835 • Scott Buzzelli 540-454-1399



onstructed of the highest quality, designed by architect William Lawrence Bottomley in 1932 and build by locally known builder William lanback Grand fover stately rooms, mahogany brary, conservatory, chefs kitchen, indoor pool tennis court, magnificent views. \$6,500,000 DLIVER ST, PAEONIAN SPRINGS, VA-

intion Contractors 1/4 acre lot with house perty has electric, heat but needs well, septic lumbing and has no bathrooms. Last house hood sold for \$328,000 as-is. Owner ing & ask for zero downpayment while ary Kakouras 540-454-1604



PURCELLVILLE, VA - Farmhouse in the heart of Purcellville. Ideal location in Historic downtown, walking distance to local attractions. Located on a nearly 1/4acre, fenced back yard w/ garden. Front porch w/ swing and newly screened back porch. efinished hardwood floors throughout, newly ainted, lg bedrooms, bright kitchen! \$362,500

ry Kakouras 540-454-1604



FOREST HILL LN, BLUEMONT, VA -Incredible Mountain Retreat nestled among the trees with views all the way to DC. Just about an hour from the beltway and suitable or year round enjoyment. 3 BR, 2 5 BA, ffice, gorgeous wood and stone oughout. Appointment required. \$479,900 hn Constant 703-585-6278 • www.bluemontproperty.com

AVAILABLE FOR RENT LOVETTSVILLE • \$1650m • 3BR, 2BA house PURCELLVILLE · \$1400m · 3BR, 2BA house WINCHESTER • \$1150m • 3BR, 1.5BA townhouse Mary Kakouras 540-454-1604



HomeLifeStyle



Before: "The old kitchen was too dark and cramped," owner Joseph Lopez said, "and did not offer much of a view of the lovely backyard."



home in conjunction with the 12th Great Falls Studios Tour Oct. 16-18. The residence owned by Joesph and Alison Lopez demonstrates how open floorplans are being effectively introduced into homes that previously employed a more traditional room configuration. Designers enlarged the kitchen by relocating the formal dining room and creating a stronger visual linkage to a backyard filled with old stand trees. Tour hours are Friday, noon-5 p.m.; Saturday, 10 a.m.-5 p.m.; Sunday, noon-5 p.m.

Renovated Home Included in Great Falls Studio Tour

12th annual event scheduled for this weekend.

By John Byrd

Colonial will be featured in the 12th annual Great Falls Studios tour Oct. 16-18. A comprehensive first floor makeover to the home of Joseph and Alison Lopez, the project by Sun De- ily benefit. sign Remodeling Specialists demonstrates new interior design modalities now being applied to traditional floorplans in older bly dated. homes.

"There's a design revolution underway in northern Virginia," said Sun Design founder and chairman Craig Durosko. "We find there's a lot of interest in what's being done. An open house is one way locals see what ideas may apply to their own homes."

Sun Design Remodeling Specialists, a 30year-old design/build remodeling firm, has sponsored the Great Falls Studios tour since 2012. This year, the event will feature the work of more than 40 local artists in 26 lowill be on display in the Lopez home.

The Lopez renovation draws attention to space planning and design concepts that "open up" a traditional floorplan by selectively reconfiguring existing interior walls.

The original 2,700-square-foot house, which the family purchased eight years ago, the dining room was too small and that the kitchen, and family room configuration. To re-deploy." gain more living space, Lopez converted a 280-square-foot screen porch to a sunroom solve other inherent problems.

"The rear rooms were too dark and cramped," Joseph Lopez said. "Yet there was a lot of wasted space everywhere."

Other shortcomings:

❖ With 8-year-old twins about the house, circulation in the kitchen was problematic. The traditional U-shaped counter space in the kitchen was as much a barrier as an asset. Storage capacity was limited. There was renovated, circa-1970s Georgian no place to display the children's drawings which hung from cabinets and appliances.

> ❖ The living room and formal dining room were mostly unused — consuming a lot of first level square footage without much fam-

> ❖ The interior to the family room — which included a working fireplace - was nota-

> ❖ View and access to the lower-level playroom from the kitchen was obstructed by a landing two steps down that required a 90-

> ❖ Despite a setting that backs up to a 50acre, tree-filled easement, there were no clear sight lines from the kitchen to the back yard where the boys were usually at play

"WE HAD STARTED thinking about making changes before we moved in," Joseph cations around Great Falls. Work by fine arts Lopez said. "We had many ideas for improvepainters Alicia Sommers and Karen Bateman ments — but didn't know what would work."

> Enter Sun Design's lead designer Jon Benson and specialty designer Katie Coram.

"The first consideration was how to create a space plan that was consistent with how the family actually uses the house," Benson said. "Everyone acknowledged that was built around a standard center hall tem- sizable living room didn't have much of a plate with a front-facing foyer and living role in the family's everyday life — so there room that segued to a rear dining room, was some useful square footage we could

These observations in mind, Benson drafted a plan that deleted the wall between three years ago, but the changes didn't re-kitchen and dining room to form a 30-footby-14-foot family kitchen. The larger foot

prep island and dining counter, a breakfast area and their mom in the kitchen. a substantially enlarged pantry.

It also allowed for direct access to the staircase leading to the lower level. With the kitchen extended, Bensen cut a new door to the downstairs and installed a straight staircase, making it easy for Alison to keep an eye on the boys from upstairs.

To improve natural light and sight lines, the designer eliminated the partial wall and sliders leading to the sun room, then designed a 12-foot opening utilizing "by-pass" sliders on a double track that telescope into the wall.

The result: Alison can easily keep an eye on the backyard from anywhere in the kitchen. Equally appealing: an indoor-outdoor continuum that brings the wooded setting into visual range from every part of the renovated kitchen.

"The beautiful view is one of the main reasons we available in the rooms where we spend a lot of time in an erasable felt tip pen. is wonderfully fulfilling."

CONVERTING THE UNUSED unused living room into a spacious formal dining room with fireplace, likewise, satisfied the family's holiday entertainment requirements. As a bonus, the children now use the home improvement topics for 30 years.

print created the space needed for a four-seat food dining room to start their homework just steps from

With space planning issues under control, Alison Lopez huddled on finish work details with "It was great bouncing ideas off of someone with

her interior design skills," Alison Lopez said. "There were so many details — cabinet styles, colors and finishes; best granite options for the island counter top. Katie recommended a houndstooth pattern for the backsplash — which really improved on the white brick-style design I had been considering."

The stand-out inspiration, though, was Coram's suggestion that the family's "kitchen art" could be better presented in a 9-foot-by-5.5-foot message board mounted on the wall between the kitchen and the entrance to the dining room.

A steel surface covered in porcelain, the board accommodates photos and art held by magnets, but also bought the house," said Joseph Lopez. "Having it offers a handy place to jot down "to do" lists written

> "It's a fun piece," Alison Lopez says. "Just looking at it makes me smile."

John Byrd (byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about

REMODELED HOME & ART TOUR OCT 17-18, 2015 | 10AM-5PM



Tour this Remodeled Home and Meet Artists Alicia Sommers & Karen Bateman





914 RIVA RIDGE DRIVE, GREAT FALLS, VA



design/build | additions | kitchens | baths | basements | outdoor spaces SunDesignInc.com info@sundesigninc.com



When "That will never happen to me" happens.

Kyle Knight Ins Agcy Inc 11736 Bowman Green Drive Reston, VA 20190

WWW.KYLEKNIGHT.DRG

ACROSS FROM RESTON TOWN CENTER

Welcoming, Diverse, Progressive

Sunday School: preschool - grade 2

I'm ready to help.

GET TO A BETTER STATE.

There's never a good time for an accident to happen.

But when it does, you can count on me to be there

quickly so you can get your life back to normal.

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business! TWO POOR TEACHERS Select your

Kitchen and Bathroom Remodeling



703-999-2928

www.ConnectionNewspapers.com

our Mobile Showroom and Design Center Fully Insured & Class A Licensed Est. 1999



products from

Nursery care provided at 9:00 a.m. service The Rev. James Papile, Rector The Rev. Laura Cochran

11:15 a.m. Holy Eucharist, Rite II

ST. ANNE'S

EPISCOPAL

7:45 a.m. Holy Eucharist, Rite I

9:00 a.m. Holy Eucharist, Rite II

CHURCH • Reston

Music: grades 3 - 7

Music 4 years to 2nd grade

10:25 a.m. Sunday School Grades 3 to 6

703-437-6530 www.stannes-reston.org 1700 Wainwright Dr., Reston Communities OF WORSHIP



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

www.ConnectionNewspapers.com 8 * Reston Connection * October 14-20, 2015

Reston Connection ❖ October 14-20, 2015 ❖ 9

{

'Chasing Horizons' at Reston's CenterStage

Gin Dance Company in performance on Oct. 21.

By David Siegel
The Connection

n evening to escape the stresses of daily lives and ever-present technology will be arriving at CenterStage courtesy of the Reston-based Gin Dance Company. The dance performance is titled "Chasing Horizons." It "includes world premieres choreographed by the talented Shu-Chen Cuff," said Paul Douglas Michnewicz, Arts and Events director, Reston Community Center

In an interview, Cuff said inspiration for creating the new choreography was a "desire to take the audience on a journey. A journey that will have them laugh, think and perhaps bring a tear to their eye; a journey that will leave them with a sense of optimism and purpose for the future, like they just fed their soul."

The titles of several specific dance works created for "Chasing Horizons" provide hints as to expectations. One of the evening's new works is called "Lost and Found." It delves into human urges to chase after daydreams, "often overlooking or at the expense of what we al-



Gin Dance Company Choreographer Shu-Chen Cuff in performance.

ready have," according to Cuff. The premiere of "Six Degrees" is an exploration of "the ties and connections people have with others and how these relationships give strength, structure and direction to our lives."

Regarding the music that underpins a dancer's movements and a dance's story-telling, "music is one of the most important decisions any choreographer can make," said Cuff. "I typically spend weeks searching to find the right accompaniment. For 'Chasing Horizons' the audience will be

Where and When

Gin Dance Company performs "Chasing Horizons" at Reston Community Center, CenterStage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Performance, Wednesday, Oct. 21, 2015 at 8 p.m. Tickets: \$15 Reston/\$20 Non-Reston. Call 703-476-4500 or visit www.restoncommunitycenter.com

বু treated to an eclectic array of music," including from the Grammy Award-winoning contemporary composer Steve on Reich known for layering sound.

There are also multi-media aspects to the Gin Dance performance. Two different artistic disciplines will come together as distinctive paintings from two Northern Virginia visual artists: Teri Ann LaBuwi and CinCin Fang will be featured during the performance. The paintings will add another level to the storytelling of the choreography and the music.

Dance is a very intimate, personal experience. "There is no right or wrong interpretation to the work. If the performance brings a smile to someone who needed one or a tear to another, either way, I'm humbled that the work is reaching and touching the audience," said Cuff. As for the title, "Chasing Horizons," that Cuff chose for the evening with Gin Dance, "One of the more overt underlying messages is that many of us spend too much of our lives chasing what we don't have. Thus, we are 'Chasing Horizons'."

looking or at the expense of what we al 'Chasing Horizons' the audience w

Adventure at Every Turn 'Shrek the Musical' opens Reston Community Players' 49th season.

By David Siegel
The Connection

t really is a big, bright beauti ful world. And love can surely conquer lots, even if you are a big green ogre named Shrek with some bad habits or a spirited princess named Fiona. Add in tap-dancing rats, a 13-foot-tall magenta dragon, a smooth-talking donkey and fairy-tale characters, all to bring enjoyment at Reston's CenterStage with "Shrek the Musical." With its music and humor, "Shrek will keep parents just as entertained as the kids who attend," said Sue Pinkman, who is helming the musical for the Reston Community Players (RCP). "The show will grab you and

Where and When

Reston Community Players present "Shrek the Musical" at Reston Community Center Centerstage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Performances: Oct. 16-Nov. 7, 2015. Fridays at 8 p.m., Saturdays at 8 p.m. except for Oct. 31. Saturday 2 p.m. matinees on Saturday, Oct. 31 and Nov. 7. Sunday matinees are Oct. 25 and Nov. 1 at 2 p.m. Note: Cast member meet and greets will be held in the lobby on Oct. 25, Nov. 1, and Nov. 7. Tickets: \$21-\$25. Call CenterStage box office at 703-476-4500 or visit www.restonplayers.org



Shrek (Paul Tonden) in rehearsal for Reston Community Players production of "Shrek the Musical."

not let go with its joyful nature."

With nearly two dozen pop/rock songs, the Tony award winning "Shrek" has music by Jeanine Tesori with book and lyrics by David Lindsay-Abaire. "Shrek" was adapted from the children's book by William Steig.

Elisa Rosman will lead the 11-member "big brassy sound band propelling the show with its emphasis on embracing the individuality that makes one special." Rosman added, "it is an uplifting story...It has lots of joy in it." Ivan Davila choreographs the high-energy production including the tapdancing rats.

RCP's "Shrek" has a spirited cast of over two dozen of all ages. Paul Tonden plays the Shrek character. "I connect with Shrek in the same way I think a lot of people, in that he has body image issues and struggles with a feeling of being 'less than' because he doesn't look like the idealized version of what is 'beautiful' and has to learn that beauty comes from within." Jolene Vettese plays Fiona. A favorite line of hers from the show: "Well maybe you shouldn't judge people before you get to know them" gets to the heart of the show's message.

Many unseen volunteer designers, builders, painters and technical staff bring "Shrek" to life. At a

recent rehearsal, Eileen Mullee, production coordinator/stage manager, provided a tour through the elaborate, colorful set and props from the minds and hands of Skip Gresao, Doug Rolston, Cathy Rieder and Jon Roberts, to name just a few. There will be about 150 costumes from Kathy Dunlop and her team as well as countless wigs by designer Anna Michelle Jackson with make-up by Sally Cusenza.

The opportunity awaits to become a believer in the "Shrek" lyric, "it's time to stop the hiding, let your freak flag fly." RCP president Joshua Redford called it "perfect family entertainment".

CALENDAR

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

ONGOING

"Ephemeral" Exhibition at GRACE. Through Nov. 14 at Reston Town Center, 11900 Market St., Reston. Explore the nature of nonpermanent, three-dimensional works addressing the concept of ephemerality. Presented in conjunction with the Washington Sculptors Group. restonarts.org

Colors of Life Exhibit. Through Oct. 30 at Reston Community Center, 2310 Colts Neck Road, Reston. Color is a major inspiration for Reston-based fiber artist Anne Smyers. Her solo show Colors of Life highlights several series: recent works in her signature "floral landscapes" style, created by layering flowers into fanciful landscape designs; and a five-element series inspired by the concept of unity and healing intrinsic to traditional Chinese acupuncture.

The Sound of Color Exhibit. Through Nov. 1.
JoAnne Rose Gallery, 1609 Washington Plaza,
Reston. Music produces images, colors,
dreams...Reality changes when you listen to
music...a new world opens up the window of
your imagination. Visit the LRA web site at
www.leagueofrestonartists.org to find more
information on this and other events.

Expressions Portrait Competition Exhibit.
Through Sunday, Nov. 1. ArtSpace Herndon,
750 Center Street, Herndon. 25 diverse portraits
in various mediums are selected from 125
submissions by 67 artists for the 7th Annual
Expressions Portrait Exhibit. The exhibit is free
and open to the public. For more information,
visit http://www.artspaceherndon.com/
expressions-portrait-exhibit-2015/ or call 703956-6590.

FRIDAY/OCT. 16 - SATURDAY/NOV. 7

"Shrek the Musical." Reston Community Center Centerstage, 2310 Colts Neck Road, Reston. It really is a big, bright beautiful world. And love can surely conquer lots, even if you are a big green ogre named Shrek with some bad habits or a spirited princess named Fiona. Add in tapdancing rats, a 13-foot-tall magenta dragon, a smooth-talking donkey and fairy-tale characters, all to bring enjoyment. Tickets \$21-\$25. 703-476-4500. restonplayers.org.

FRIDAY/OCT. 16

Flannel Friday. 10:30 a.m. Reston Regional Library, 11925 Bowman Town Drive, Reston. Early literacy enhanced story time featuring flannel stories, rhymes and songs. Age 3-5 with adult.

Fourth Annual YMCA Corporate Challenge. 9 a.m.-3:30 p.m. YMCA Fairfax County Reston, 12196 Sunset Hills Road, Reston. First 10 members to sign up will receive breakfast, lunch, water, t-shirts and fantastic networking with regional business leaders. Registration is free. 703-707-9045 or ashleigh@restonchamber.org.

SATURDAY/OCT. 17

Reston International Wine Festival. Reston Town Center, 11900 Market St., Reston. Sample different and unique wine styles in a variety of international wine gardens. Tasting tickets available. washingtonwineacademy.org.

Chesapeake Dock Diving Dogs

Demonstration. 1-4 p.m. PetMAC, 11412
Washington Plaza West, Reston. World
Champion dogs from the Chesapeake Dock
Diving Dog Club will dazzle spectators with their
amazing leaps and jumps into the lake! We will
have adoptable dogs. 571-325-2099.
www.petmac.org.

Hands-on Reiki Workshop for Pets. 6-8 p.m. .

ands-on Reiki Workshop for Pets. 6-8 p.m. .
PetMAC, 11412 Washington Plaza West, Reston.
Two-hour introduction to using Reiki with your
pet. Dr. Connie Hambrock, of the Hambrock
Holistic Healing Center in Herndon, will discuss
Chakras on animals and how to do Chakra
connections between owner and dog. The
session will include some basics of Reiki and
how to best benefit your animals using Reiki.
Registration required. 571-325-2099.

SUNDAY/OCT. 18

12th Annual Help the Homeless Community Walk. Cornerstones, 11150 Sunset Hills Road, Reston.

SEE CALENDAR, PAGE II www.ConnectionNewspapers.com

CALENDAR

FROM PAGE 10
Reston Town Center Day. 12-4 p.m.
Reston Town Center, 11900 Market St., Reston. Join the community in celebrating the 25th anniversary of Reston Town Center and the dedication of Mercury Fountain. Free fun for all ages includes refreshments, live music and entertainment, games, pumpkin decorating, and more restontowncenter.com.

SATURDAY-SUNDAY/OCT. 17-18

Movies and Mimosas - Alice

Adams. 11:00 a.m. Bow Tie Cinemas, 11940 Market St., Reston. See the classics how they were meant to be seen, on the big screen! This week, the 1935 Katharine Hepburn classic Alice Adams. Tickets \$5.50 (\$1 off to loyalty members). 703-318-1801. bowtiecinemas.com.

TUESDAY-SUNDAY/OCT. 20-25

Washington International Horse Show. 7 a.m.-5 p.m. and 7-10:30 p.m. Verizon Center, 601 F St., NW, Washington, D.C. Held each year in October in the heart of the nation's capital, WIHS welcomes spectators to six days of world-class international show jumping and top national hunter and equitation competition plus community events, entertaining exhibitions, boutique shopping and ringside dining and hospitality.\$15-\$60. http://www.wihs.org/tickets/.

TUESDAY/OCT. 20

Sensory Friendly Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston, The multi-sensory story time.

Halloween Calendar

Halloween events around town.

FRIDAY-SATURDAY/OCT. 23-24

Bradley Farm Haunted House. Friday, 6 p.m. Saturday, 1 p.m. Bradley Farm Haunted House, 13159 New Parkland Drive, Herndon. Looking for a some spine tingling fun this Halloween? Right here in Herndon, the Bradley Farm Haunted House promises everyone a ghoulishly fun time. This year's theme is "The Haunted Coal Mine." Trick-or-treating for children 10 and under. Proceeds go to Herndon-Reston FISH. \$5. www.BFHauntedHouse.com.

FRIDAY/OCT, 23

Spooktacular. 6:30-8 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Enjoy ghoulish games, a spooky craft and a children's show. Visit www.herndon-va.gov.

How to Draw Zombies. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Do you like to draw? Do you like zombies? Cartoonist Paul Merklein shows students.

SATURDAY-SUNDAY/OCT. 24-NOV. 1

Reston Zoo's Zooboo. 10 a.m. - 4 p.m. Reston Zoo, 1228 Hunter Mill Road, Vienna. Designed for a younger audience, Zoo Boo offers four days of scare-free fun. Join their safe zoo neighborhood of Halloween entertainment, with kid-friendly fun around every corner.

MONDAY/OCT. 26

 $\textbf{Halloween Scavenger Hunt}. \ 7 \ p.m. \ Reston \ Regional \ Library, \ 11925$ Bowman Towne Drive, Reston. Wits and daring are necessary to figure out clues that will lead you to scary items.

WEDNESDAY/OCT. 28

Halloween Parade. 10:30 a.m. Herndon Fortnightly Library, 768 Center Street, Herndon, Stories, songs and activities, all with a Halloween theme. Join us for a Halloween Parade following storytime. Costumes are welcome. Age 0-5 with adult.

Spooky Tales of the Night. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join Spiderella as she weaves her webs of scary stories just for you.

Dermatology & Allergy

SPECIALISTS OF VIRGINIA

Kathryn J. Sowerwine, MD



Dr. Kathryn J. Sowerwine is a board certified Allergist and Immunologist with a special interest in dermatological diseases linked to allergy. She completed a residency in Internal Medicine at Georgetown University Hospital and her clinical and research fellowship in allergy and immunology at the National Institutes of Health in Bethesda, MD.

Dr. Sowerwine has specialized training and experience to find out what causes your allergies, prevent and treat symptoms, and help keep them under control.

Allergy Patch Testing • Asthma • Hives • Allergy Eczema Food & Environmental Allergy Testing • Sinusitis Insect Venom Allergy Testing • Immunotherapy • Allergic Rhinitis

Accepting New Patients

1800 Town Center Dr., Ste. 415 Reston, VA 20190

1715 N. George Mason Dr., Ste. 105 Arlington, VA 22205

Phone 703-709-1492 • Fax 703-709-5111

www.dermspecialistsva.com

Introducing four new orthopedic specialists



Amy E. Henning, DO Pediatric Orthopedic Specialist Fairfax Office



Candice P. Holden, MD Pediatric Orthopedic Specialist Fairfax and Herndon Offices



Daniel K. Laino, MD Hand and Upper Extremity Specialist Reston office

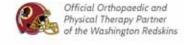


William R. Mook, MD Sports Medicine Specialist Reston Office

OrthoVirginia is the state's leading provider of orthopedic and therapy services. With 10 offices in northern Virginia, we offer easy access for all of your orthopedic needs.

For patient appointments, call 703.277.BONE (2663) or go online at orthovirginia.com





Locations: Alexandria | Annandale | Arlington | Burke | Fairfax | Fair Oaks | Herndon | Reston | Springfield | Tysons Corner

SPORTS

Madison to Host South Lakes In Battle of 5-1 Teams

Seahawks beat rival Herndon Friday, Warhawks beat Marshall.

By Jon Roetman
The Connection

econd-year South Lakes football coach Trey Taylor entered the 2015 season with three primary goals: improvement from last year's 2-8 record, making the playoffs and beating rival Herndon, which smashed the Seahawks 49-0 in 2014.

After Friday's performance against the Hornets, the Seahawks have crossed two of three off the list.

South Lakes defeated Herndon 50-13 on Oct. 9 in Reston, giving the Seahawks three wins over the Hornets in the last four years. South Lakes' record improved to 5-1, the program's best start since 2010.

"The biggest thing, I think, is we got beat by them 49-0 [last year]," Taylor said. "To be able to flip the script that much in one year ... shows them stuff we did in the offseason ... is paying off."

South Lakes sophomore quarterback Devin Miles completed 7 of 11 passes for 164 yards and two touchdowns on Friday. He also carried seven times for 66 yards.

Eric Kirlew caught two passes for 37 yards and a touchdown, and carried five times for 53 yards a score.

Albert Mensah carried six times for 60 yards and a touchdown, and Spencer Alston had eight rushes for 55 yards and a score.

Sky Lubreski and Anas Fain each returned an interception for a touchdown.

"That game means so much to the community," Taylor said, "and I was really proud how our guys were able to block out the hype surrounding the game."

Next up for South Lakes is a big Conference 6 matchup against the Madison Warhawks, who are also experiencing a turnaround season.

Madison improved to 5-1 with a 32-6 victory against Marshall on Friday at Madison High School. The Warhawks, who finished 5-5 in 2014 and 1-9 in 2013, are off to their best start since 2012, when Madison finished the regular sea-



South Lakes senior Eric Kirlew, seen against Washington-Lee on Oct. 2, scored two touchdowns against Herndon on Oct. 9.



Running back Albert Mensah (27) and the South Lakes football team will face Madison on Oct. 16.

son with an 8-2 record and qualified for the playoffs.

After losing the 2015 opener to Oakton on Sept. 4, Madison has won five straight.

"They've responded well and now the challenge is keeping them even keel and keeping committed to each and every ball game," Madison head coach Lenny Schultz said. "... We thought coming into this season we ... had a real good team."

Against Marshall, Madison quarterback Jason Gastrock completed 11 of 21 passes for 173 yards and two touchdowns, with one interception.

Wiley Counts carried 15 times for 82 yards and a touchdown, and had one catch for 38 yards and a score. Landon Thomas had two carries for 63 yards and a touchdown, and three receptions for 53 yards. John DeScisciolo had two catches for 50 yards and a touchdown

Kullen Kritsky intercepted two passes for the Warhawks.

"[We've gone from] 'We want to do well' to 'We expect to do well," Schultz said. "We've had to change the philosophy. We expect to do well because we've paid the price. ... Now the challenge is: can we handle winning."

Madison and South Lakes are both 3-0 in the conference and tied with Hayfield for first place. For the Seahawks, the toughest challenge for Friday's matchup could be dealing with the Warhawks' powerful offensive line, composed of center Ryan Partridge (6-1, 198), guards Dan Sole (6-2, 268) and Sean Rose (6-2, 266), and tackles Drew Smith (6-5, 298) and John Bingham (6-3, 256).

"They're huge up front," Taylor said. "They don't really do anything crazy. They're not a real gimmicky offense."

For Madison, the test will be trying to contain South Lakes' speed.

"They're very well coached this year," Schultz said. "They're much improved, have a lot of team athleticism [and] a lot of team speed. ... They seem to be a little faster than us, and we have to keep them hemmed up."

Kickoff is scheduled for 7 p.m. on Friday, Oct. 16 at Madison High



South Lakes Runners Participate in Glory Days Invitational

South Lakes High School Cross Country team was among 70 teams participating in Glory Days Invitational at Bull Run Regional Park (5K) in Manassas, on Saturday, Oct. 10. Calvin Warstler (top) won 25th place among 375 runners in Freshman Boys race and Jordan Anderson (bottom) was 56th among 236 runners in Freshman Girls race.





Cougars Improve to 4-7

Sarah Clinton and the Oakton field hockey team defeated Chantilly 2-1 on Monday, improving the Cougars' record to 4-7. Oakton will travel to face Centreville at 7:30 p.m. on Thursday, Oct. 15. The Conference 5 tournament is scheduled to begin Oct. 20.

Oakton Football Beats Centreville

The Oakton football team defeated Centreville 28-24 on Oct. 9, improving the Cougars' record to 3-3 overall and 1-2 in Conference 5. Oakton will travel to face Chantilly at 7 p.m. on Friday, Oct. 16.

Madison to Host Lacrosse Tournament

James Madison High School's girls' lacrosse program is hosting its 5th Annual Lax O'Ween Tournament on Saturday, Oct. 31. The all-day tournament begins at 9 a.m. and will run until approximately 7:30 p.m. on Madison's turf field. Come on out to support some of the area's most competitive girls' lacrosse teams. On-site concessions including hot/cold drinks, Chick-Fil-A, pizza and Vienna Inn chili dogs will be available throughout the day. The team will also be collecting donations on behalf of the Committee for Helping Others (CHO) and welcomes contributions of dried canned fruit, small-sized toiletries and gift cards to local grocery stores.

News

Washington Film Fest Comes Back to Reston

Film festival brings movies from around the world.

By Ryan Dunn The Connection

he Washington West Film Festival intends to repeat its history of great cinema screenings at its 5th annual festival. From Oct. 21-27, 56 films from around the world will be shown at venues including the Reston Bow Tie Cinemas, Wolf Trap Foundation For The Performing Arts, National Press Club, George Mason University, the Lorton Workhouse Arts Center, the Angelika Film Center and more.

The film festival invites filmmakers, film lovers, industry professionals, and media alike to experience a breathtaking view of artistic cinema. "What is unique about Washington West Film Festival is that we believe a story can change the world," said Brad



In 2014, director Andrew Loo and actor Carl Li held a question and answer session at Reston Town Center's Bow Tie Cinemas after showing the film "Revenge of the Green Dragons," produced by Martin Scorsese.

Russell, founder and president of Washington West Film Festival. One feature of this year's festival is the celebration of the iconic 1980s film "Back To The Future."

"Beyond celebrating the iconic movie experience the trilogy has been for millions of people, 'Back to the Future' represents for us the idea of dreaming what could be, and the potential personal impact every individual can have on the future," said Russell, who was born and raised in the northern Virginia area. "Washington West is entirely about inspiring innovative ways to change our future and our

world."

DeLorean Time Machines, raffles/auctions, and more will be a part of the celebration. Wednesday, Oct. 21, Washington West will host a pre-fest marathon screening of the "Back to the Future" trilogy at Reston Town Center's Bow Tie Cinemas. The Fairfax County Board of Supervisors passed a resolution to ceremoniously change the name of Reston, Virginia to "Hill Valley" from Oct. 21-25. The name change is in honor of the Washington West International Film Festival's tribute to the 30th anniversary of the film "Back

to the Future." The name change takes effect Wednesday, Oct. 21, 2015; the date main characters Doc and Marty, played by Christopher Lloyd and Michael J. Fox, took the DeLorean time machine into the future.

THE WASHINGTON WEST FILM FESTIVAL, with the support of Universal Pictures, will host a Red Carpet screening of "Back to the Future" Sunday, Oct. 25. Actor Christopher Lloyd, movie trilogy co-writer and co-producer Bob Gale, and cast members Claudia Wells and James Tolkan will be in attendance at the red carpet and screening. Other special guests are expected to attend.

As part of their unique model, Washington West will give 100 percent of box office net proceeds from the #GiveBackToTheFuture red carpet screening to the Michael J. Fox Foundation for Parkinson's Research. "The Michael J. Fox Foundation remains grateful to the Washington West Film Festival for their support and for their eagerness to join in our efforts to help speed a cure for Parkinson's disease," says Associ-

ate Director of Team Fox, Liz Diemer.

"2015 is a big year for 'Back to the Future' fans, and it has been both inspiring and humbling to see the many ways that this community has transformed their many and varied celebrations into opportunities to make a difference," continues Diemer.

Attendees(Oct. 21-24), will have the opportunity to receive free admission to any one of three "Local Spotlight" films on Sunday, Oct. 25, at Bow Tie Cinemas. Admission on Sunday, Oct. 25, will be on a first-come, first-serve basis, and will be guaranteed for the first 15 residents (with proof of previous ticket purchase and proof of Reston address). Major sponsors for the festival include Canvas, Leidos, Viget and Yorktel. Boeing is the Official Presenting Sponsor of the Washington West Film Festival

THE AWARDS NIGHT film, ceremony and after-party will be on Saturday, Oct. 24, at 7 p.m. at Bow Tie Cinemas in Reston Town Center.



\mathcal{H}

THE HEIGHTS SCHOOL

The Heights is an independent Catholic preparatory school for boys in grades 3-12 located in Potomac, MD

BUS SERVICE AVAILABLE FROM VIRGINIA

10400 SEVEN LOCKS ROAD POTOMAC MARYLAND 20854 T: 301.765.2093 www.heights.edu

There's a new lender in town.

Come see how We Can Help You!®

Stearns Home Loans is open for business in Northern Virginia and we're ready to welcome you to our new office.

We look forward to meeting you!



JIM GALLOWAY
Mortgage Loan Originator
NMLS# 453699
Northern Virginia Office
11350 Random Hills Road
Suite 800
Fairfax, VA 22030
Branch NMLS# 1313206
703.507.0633
jgalloway@stearns.com
www.Galloway1003.com



This is not a commitment to lend. Program restrictions apply. Steams Lending, LLC also operates under the trade name Steams Home Loans in all states except for Arizona, Illinois, Massachusetts, Minnesota, Missouri, and New York, Steams Lending, LLC offees many loan products. Steams Lending, LLC is a California Limited Liability Company headquartered at 4 Hutton Centre Drive. 10th Floor, Santa Ana. California 92707. (800) 350-LEND (5363) Company NMLS# 1854 (www.nnfsconsumeraccess.org). Steams Lending, LLC is licensed, registered, or exempt from licensing to conduct business in the following states which require license disolate on advertising materials: Massachusetts Mortgage Lender/Business in the following states which require license disolate on advertising materials: Massachusetts Mortgage Lender/Business in Michael Licensed by the New Hampshire Banking Department; Licensed by the N.J. Department of Banking and Insurance; Rhode Island Licensed Lender, Virginia State Corporation Commission Lender/Broker License #MC-2184. This information is accurate as of September 16, 2015. © 2015 Steams Lending, LLC All Rights Reserved. SHL 1099.

It's Essential, **Apparently**

By KENNETH B. LOURIE

From what little I know, and even less from what I read, but mostly from what I hear - from Rebecca (my certified holistic health coach) - essential oils (lemon, lavender, peppermint, frankincense, to name a few) are the possible/potential answer to many questions and conditions: insomnia, indigestion, anxiety, stress, muscle tension, and even cancer and immune system health, among many others. Unfortunately, one never knows for sure of the outcomes because, other than The Ten Commandments, especially as it concerns science and medicine, very little is written in stone. In this context, if a patient wants to pursue alternatives to standard/a.k.a. Western medicine, there are ample avenues on which to travel. Information will flow freely on the Internet, and of course, numerous books have been written outlining non-conventional treatments for pretty much anything that ails you, especially cancer. Knowing what to do is difficult - to say the least; and impossible, to say the most.

Sifting through the many choices and filtering out the advertising and self-promotion are skills with which I was not blessed. I'm fairly gullible and inclined to accept and embrace a reasonable-sounding premise. My problem is that – other than sports and chocolate, writing a column, and selling a non-tangible - I know very little about a lot of things. As such, I am ill-equipped to deal with the many issues and decisions common - and recurring, in a cancer patient's life: life and death mostly; sustaining the former and avoiding the latter in particular. And in that struggle, one is faced with many challenges. Challenges which my heretofore normal/ uneventful and healthy life did not and likely could not have prepared me for, beginning with the words I unexpectedly heard from an oncologist in February, 2009: "You have stage IV, non-small cell lung cancer. I can treat you but I cannot cure you. Your prognosis is 13 months to two years." Sentences which, almost seven years later, I can still see and hear. Try falling asleep every night with that advisory/scenario rolling around in your head.

But sleeping is a must, as is being open to new/non-traditional ideas/remedies. Standing pat and/or going along with the standard program has merit certainly, and decades of success way beyond this mortal man. However, when your doctor uses the "t" word (as in terminal), standing pat no longer seems prudent - at least it didn't for me.

The incredulity of it all is almost overwhelming. It's akin to being knocked off your feet, almost literally. Eventually though, you pick yourself up emotionally and begin to consider - not that day of course (you'll note I didn't say decide) - how you're going to live the rest of your life: as a victim or as a victor. Are you going to live and learn or just wait your turn? It's an extremely personal choice and one that didn't come easily or naturally for me. The process took/takes time and one size – so to speak, does not fit all. For all I know – and it's very little, actually – I'm still alive in spite of the alternatives I've incorporated into my routine. Nevertheless, life is still going on and I am still open to adding new anti-cancer-sounding products/pursuits. Essential oils are simply the most recent tool in this cancer patient's arsenal. Will its use matter? I can only hope. But as long as I'm still in the game, I'll continue to believe that "oil's well that ends well."

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

LMPLOYMENT

DEADLINES

DEADLINES



703-778-9411

ZONE 1 AD DEADLINE: Monday Noon

16 RE Services

PEDIATRIC RN/LPN

Our busy happy stimulating pediatric practice in Alexandria and Fairfax has an opening for a PT position with some travel between offices. Ideal for nurses returning to the workforce. Competitive salary with benefits. Orientation provided. Fax resume to 703-914-5494 or email to cmaschedule@aol.com.

If you are looking for a supportive, encouraging, and fun environment in which you help preschoolers grow and learn, please apply!!! Providence Baptist Preschool is currently taking applications for **assistant teachers**. We have two day a week and four day a week work options. Providence Preschool is open from Tuesday through Friday from 9:30 a.m. - 1:30 p.m. with teacher hours running from 9:00 a.m. to 1:30 p.m. We are located at 8980 Brook Road, McLean, VA 22102, right off Route 7 and the Dulles Toll Road. Please email resumes to Katherine Matta, Director, by phone at (703)893-6286 or by email at preschool@providencetoday.org if you are interested in applying.

PROGRAM MANAGER

Thirty year old Education Foundation representing \$29.4 billion/yr. paper/packaging industry seeks experienced project mngr. to manage and execute programs, e-newsletter, meetings/events and contact business, engineering, and technical students on industry career opportunities upon graduation. Strong writing/communication skills. Reports directly to president. Self starter experienced in either program mgmt., meeting mgmt., assn/corp mgmt. publications or education. Telecommute /flex full time 40/hrs. week. Great commute reduction opportunity for Mclean, Great Falls, Tysons, Reston area resident. Salary \$65,000- \$72,000/ year, depending on experience, plus benefits. Send brief letter & resume to ICPF@icpfbox.org and visit www.careersincorrugated.org for more.

Job/Resident Housing Opportunity

The Department of Housing and Community Development (HCD) is seeking a resident/manager to provide management, maintenance and emergency support for Coan Pond Residences located on Pender Drive in Fairfax, Va. Preferred qualifications include experience in resident management or maintenance and the ability to work cooperatively and effectively with a diverse group of individuals. Work schedule is flexible, 10-15 hours per week, includes weekday evenings, and weekends. Qualified individual will receive reduced or free rent for a large studio apartment at Coan Pond. If interested, submit your resume to Pamela.crum-davis@fairfaxcounty.gov. or by mail to: Dept. of Housing and Community Development, 3700 Pender Drive, Ste. 300, Fairfax, VA, 22030 Attn: HR Dept./Coan Pond. Resumes accepted through Friday, Oct. 9, 2015. Fairfax County is an Equal Opportunity Employer.

26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 theschefers@cox.net

HOW TO SUBMIT ADS TO

Newspapers & Online

CLASSIFIED

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

Zones 2, 3, 4Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

or call Andrea @ 703-778-9411

EMPLOYMENT

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

Zones 2, 3, 4Tues @ noon

E-mail ad with zone choices to:

classified@connectionnewspapers.com

ZONES

Zone 1: The Reston Connection

Zone 4: Centre View North

Zone 2: The Springfield Connection

The Burke Connection

The Fairfax Connection

Zone 3: The Alexandria Gazette Packet

Centre View South

Zone 6: The Arlington Connection

Zone 5: The Potomac Almanac

The Fairfax Station/Clifton/

Lorton Connection

The Mount Vernon Gazette

The Vienna/Oakton Connection

The McLean Connection

The Great Falls Connection

or call Andrea @ 703-778-9411

The Oak Hill/Herndon Connection

16 RE Services 26 Antiques

FREE BOOK:

Selling Goods due to downsizing/estate settlement Only 80 available Contact MaxSold Downsizing/Estate Services: 202-350-9388, easy@maxsold.com or MaxSold.com/book by Nov.15

21 Announcements 21 Announcements



21580 Atlantic Blvd. #120 Sterling, VA 20166

703-444-7804

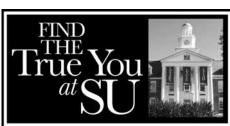
www.VAGoldBuyers.com

Latinos como tú sirviendo a nuestra comunidad

- We are Local
- We Buy Gold, Silver and Diamonds
- Over 40,000 Satisfied Customers • We are Licensed and Specialize in State Sales

Not Ready to Sell? Please call us for our Lending Options!

21 Announcements 21 Announcements



Salisbury University offers valuable knowledge and experience to prepare students for any goal in life. Our excellent academics come with an affordable price tag, too.

There is no better way to learn about

Salisbury

Contact us at: 410-543-6161

ollow SU on Twitter @FlockToSU

admissions@salisbury.edu

www.salisbury.edu

SU than to visit!

A Maryland University of National Distinction

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnews

papers.com/subscribe Complete digital rep-

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

Questions? E-mail: goinggreen@connection newspapers.com

ONVECTION



22 homes Northern beach area of Corolla to South Nags Head, NC October 8-11 Tickets \$10 Good all 4 days of event

TOUR

Preview tour: www.obhomebuilders.org

21 Announcements 21 Announcements 21 Announcements



Zone 1: • Reston Herndon • Loudoun

PINNACLE SERVICES

email jamie@lawnsandgutters.com

web: lawnsandgutters.com Friendly Service with a Friendly Price!

lic/ins 703-802-0483 free est.

HOME & GARDEN

703-778-9411

ZONE 1 AD DEADLINE: Monday Noon

IMPROVEMENTS IMPROVEMENTS LANDSCAPING

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

R.N. CONTRACTORS, INC.

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

PAVING

Joseph Sealcoating **Specialist**

PAVING

40 Years Experience! Free Estimates! 703-494-5443

TREE SERVICE

A&S CONSTRUCTION

Bathrooms, Kitchens

Flooring, complete

remodeling.

703-863-7465

TREE SERVICE

Summer Cleanup...

Tree removal, topping & pruning,

shrubbery trimming, mulching,

leaf removal, planting, hauling,

gutter cleaning, retaining walls,

drainage problems, etc.

We take a

bite out of your bark.

703-400-5005

Quality Tree Service

& Landscaping

Reasonable prices. Licensed & insured.

25 years of experience - Free estimates

24 Hour Emergency

Tree Service

Pit bull Tree Choppers

Licensed and insured. We accept all

Division of Lohan Construction, LLC.

For a free digital sub-

Complete tree removal, stumps and limbs.

Lee Lohan

Clearing of deadwood,

Ponds and waterfalls,

Trimming and pruning.

Landscaping and design,

major credit cards.

Call:

703-868-5358

HANDYMAN

HANDYMAN



Hand and Hand Handyman

General Remodeling Residential & Commercial Specializing in:

Gutters and Downspouts Cleaned

Small Repairs • Gutter Guards

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

All Concrete work

Retaining Walls
 Patios

French Drains
 Sump Pumps

Decks • Porches (incl. screened) • Erosion &

• Driveway Asphalt Sealing

Grading Solutions



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**

A&S Landscaping

703-863-7465

LICENSED

Serving All of N. Virginia

Home Improvements

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry,

Wood Rot, Drywall, All Flooring, Decks

•FAST & Reliable Service •NO \$\$\$ DOWN!

Handyman Services Available

http://www.pphionline.com/

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

Picture Perfect

• EASY To schedule

LANDSCAPING LANDSCAPING

JUAN'S LANDSCAPING • COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL • GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING • HANDYMAN • PAINTING • TRASH REMOVAL • DRYWAL





E.S. Services
neighborhood company since 1987 703-912-6886







Landscaping & Construction Free Estimates - Fully Licensed & Insured

- Planting & Landscaping DesignDrainage & Water Problems
- Concrete Driveways, Replacement or New Patios and Walks Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
 Retaining walls of all types

All work Guaranteed

MASONRY

MASONRY

Alfredo's Construction Company, Inc.



Concrete Driveways Patios •Sidewalks Stone •Brick

Phone:

VA: (703) 698-0060 • MD: (301) 316-1603 www.alfredosconstructioncompany.com

Potomac Masonry 703-498-8526

New Installations & Repairs Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!



Lic. & Ins potomac-masonry.com Angies list.

PAVING

GOLDY BRICK CONSTRUCTION

Walkways, Patios, Driveways, Flagstone, Concrete FREE ESTIMATES Licensed, Insured, Bonded

PAVING

703-250-6231

scription to one or all of the 15 Connection Newspapers, go to www.connectionnews 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@connection newspapers.com



News

Reston Police Highlights

Incidents from Oct. 3-8

Assault - 2200 block of Astoria Court, 10/07/ 15 at about 10:41 a.m. A woman answered a knock at her door and an unknown man assaulted her. The suspect then fled. The victim did not require any medical attention. The suspect was described as a Hispanic, in his mid 20's to 30's, about 5 feet 10 inches with a medium build and wearing black clothing and a black hat.

Disorderly Conduct/Assault on Law Enforcement - 12000 block of Lake Newport Road, 10/06/15 at about 8:10 p.m. While investigating a hit and run, one of the involved subjects became irate and spat in an officer's face. She attempted to kick the officers and was taken into custody. Jennifer Escobar Chinchilla, 21, of Reston was charged with disorderly conduct, possession of marijuana and assault on law enforcement officer.

Burglary - 11700 block of Olde English Drive. 10/02/15. Two residential burglaries were reported.

Larcenies

1800 block of Cameron Glen Drive, property from residence

9700 block of Counsellor Drive, property from

12700 block of Society Drive, wallet from vehicle 11700 block of Bayfield Court, property from

1200 block of Rock Chapel Road, property from

vehicle 11400 block of Summer House Court, property from vehicle

2000 block of Blue Ridge Court, property from residence

11900 block of Democracy Drive, cash from busi-

11900 block of Market Street, property from

Herndon Police Highlights

Incidents from Oct. 2-6

Robbery - Attempted 10/2/2015 1100 block Floyd Place. The victim reported that he was approached by two suspects, one of which was armed with a pistol and told to give his property to them. After confronting the victim, the suspects fled the area. The victim was not injured and no property was taken from him. The first suspect was described as a black male, approximately 6', 200 pounds, armed with a pistol. The other suspect was described as a Hispanic male, approximately 5'10", 160 pounds. Both suspects were dressed all in black and were wearing black ski masks. The case is under investigation.

Disorderly Conduct - 10/2/15, 7:30 p.m, 1300 Worldgate Drive

Assault-Aggravated - 10/4/15 12:50 a.m., 300 Missouri Ave

Drunkenness (DIP)

10/2/15, 8:39 a.m.,1100 Elden St. 10/3/15, 6:45 p.m., 1100 Elden St.

10/4/15, 11:19 p.m., 400 Elden St. 10/3/15, 2:37 a.m. 700 Elden St./Spring Street

Liquor Law Violations - 10/2/15, 9:44 p.m., 1000 Elden St.

Assault-Simple

10/3/15 12:11 p.m., 800 Ferndale Ave. 10/3/15 1:48 a.m., 700 Elden St.

Larceny-From Building - 10/4/15, 11:37 a.m.,700 Grant St.

Shoplifting - 10/4/15 11:10 p.m., 400 Elden

•FREE Estimates

TURN BACK THE CLOCK AND FALL BACK INTO FITNESS!





Do remember a time when you felt your absolute best? You felt great, you looked great. You had energy to do whatever you wanted to do. You are too young to feel so old. It's time to turn back the clock and be in the best shape of your life.

Koko FitClub is here to help. Come try 30 days of complete fitness and coaching for just \$30. That's a full 30 days of customized, total-body strength and cardio training with support from a professional fitness coach to help you succeed.

You can turn back the clock and return to that fit, healthy, strong and lean person you always knew you could be. Come get started and change your life today.

I've never been a regular exercise enthusiast. This is the first gym where I feel like I belong. I find the extra strength and encouragement I need in all the trainers. I really feel strong now for the first time in my life! Thank you Koko for changing my life - I feel amazing.

- ELLIOT HEAPES, HERNDON, VA

To get started with your trial membership, simply call or stop by a location below. Live healthy, live the Koko lifestyle.

Koko FitClub of Great Falls | 561-612-2333 | greatfalls.kokofitclub.com/30for30 Koko FitClub of Herndon | 571-612-2331 | herndon.kokofitclub.com/30for30 Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/30for30

No obligation