

Remodeling of Lake Anne Coffee House pauses during blizzard. New owners, Rick and Eve Thompson, are renovating the entire building (originally a townhouse) and hope to open a classier coffee house in early March. There is more good news coming from Lake Anne.

Promising Changes At Lake Anne

NEWS, PAGE 4

South Lakes, Storm
Water and Collaboration

NEWS, PAGE 3

Around the World in a Day

NEWS, PAGE 3

RESTON COMMUNITY CENTER

RCC is preparing its next Five-Year Strategic Plan covering 2016 through 2021. Everyone is invited and encouraged to attend to help us shape the future of RCC.

Community Relations and Program/Policy Joint Committee Meeting

Monday, February 8 • 6:30 p.m.

RCC Hunters Woods - 2310 Colts Neck Road, Reston, VA 20191

To be sure we are focused on our community's priorities, we invite you to participate in a facilitated conversation to review and make recommendations on RCC's Strategic Plan draft. After considering all input, RCC Board and staff will present a revised Strategic Plan draft to the public on March 14. Please RSVP to RCCContact@fairfaxcounty.gov by February 5. If you are unable to attend, input may also be sent to RCCContact@fairfaxcounty.gov.

DRESS DRIVE FOR PROM



Drop Off Donations: Now – March 26

RCC is collecting the following for Diva Central:
DRESSES • SHOES • JEWELRY • HANDBAGS • ACCESSORIES

Please drop off items at RCC Hunters Woods – 2310 Colts Neck Road, Reston
or RCC Lake Anne - 1609-A Washington Plaza, Reston

All donations are appreciated, however, we ask that donations are in good condition, no older than five years old (circa 2011), and dry cleaned before they are donated. If dry cleaning is not possible, please inform us at the time of drop off. Dress donations will benefit students in Reston and surrounding areas. Donations are tax-deductible.



www.restoncommunitycenter.com

2310 Colts Neck Road, Reston VA 20191
To request reasonable ADA accommodations, call 703-476-4500, TTY 711.



Around the World in a Day

Google at Ideaventions: Reston academy keeps promises.

BY RYAN DUNN
THE CONNECTION

Ideaventions Academy for Mathematics and Science in Reston which opened in the fall of 2015, has celebrated several achievements over the past months. A school for gifted fourth through eighth grade students who have a special interest in science, technology, engineering and/or math (STEM) is located at 12340 Pinecrest Road in Reston. The private academy was one of the first elementary/middle schools in the country to require computer science as part of its annual core curriculum.

Ideaventions was selected as a Google Expeditions Pioneer School and on Jan. 7 went on a day-long virtual international field trip visiting places as close as Philadelphia and as far as Mars, from the top of Mount Everest, to underwater at the Bikini Atoll, from the edge of the Sahara to the Amazon rainforest. Expeditions is Google's VR platform made specifically for the classroom, allowing teachers to take their students on immersive field trips all over the world. The Ideaventions Academy jumped at the opportunity to be a part of the pioneer program as it fits with the experimental ethos of the school. The school

is getting a class set of Google Cardboard to enhance teacher's lessons with a gift from one of the families, and staff await for Google to release the classroom-based technology later this school year.

The school has received positive reviews from families and parents. "We were drawn to Ideaventions Academy by the school's vision and philosophy for teaching gifted children," said parents Ozzie and Beth Enriquez. "We have seen the vision implemented as planned and have been pleased

by its results. Our daughter has regained her enthusiasm for learning and is eager to go to school every day. The talented teaching staff has created a nurturing, community based classroom environment."

Ideaventions Academy was started by alumni of Thomas Jefferson High School for Science and Technology, Juliana and Ryan Heitz.

After an unsuccessful search to find a science enrichment class for their son, they

Morning Walk program. "I would say though, that our biggest accomplishment is that the kids are truly happy. They enjoy learning and coming to school," said school founder Juliana Heitz. "They don't like missing class and don't like to leave at the end of the day. They have been challenged by the projects that they work on and when there's a project that clicks with their individual interest, they continue to work on it at home, not because it's homework, but because they are so engaged."



Classes with the Ideaventions Academy for Mathematics and Science at Reston had several field trips, including a visit to the Smithsonian Museum of Natural History in Washington, D.C. In February the sixth/seventh grade class will visit the Library of Congress.

PHOTO COURTESY OF IDEAVENTIONS ACADEMY

decided to create their own teaching science center and started Ideaventions. Ideaventions opened its doors in 2010 at Oakton, and brings classes, camps and after-school programs focused on STEM to young learners. In 2015 it relocated to a larger location in Reston.

Additional activities at Reston have included visits by Thomas Jefferson and Alexander Hamilton from the American Historical Theater. Students were able to ask questions to learn about the forming of the new republic, as part of learning history through immersive experiences. Ray Smith, a local naturalist and teacher of Ornithology for the Audubon Society of Northern Virginia, volunteers his time and joins the school on the

South Lakes, Storm Water and Collaboration

RA approves funding for independent study of stormwater flows between Cedar Cove Cluster and Wakerobin Lane.

BY KEN MOORE
THE CONNECTION

When the Board of Supervisors approved a 40,000 square foot addition to South Lakes in October 2015, Terry Maynard of Reston 20/20 emphasized a failing stormwater management plan for the adjoining neighborhoods of Wakerobin Lane and Cedar Cove.

"There is absolutely no doubt that the classroom space that the School Board seeks is needed," said Maynard at the

hearing before the Board of Supervisors. "What is not needed is the added destruction of neighboring private properties from the increased stormwater runoff that the project will create and, ultimately, the added pollution to the Chesapeake Bay."

Last Thursday, Jan. 28, the Reston Association Board of Directors approved up to \$20,000 for an independent study of stormwater flows and possible mitigation measures upstream between Cedar Cove Cluster and Wakerobin Lane, according to Reston Association documents.

Last summer, erosion led to a sewer pipe

rupture, spilling sewage into Lake Audubon. Reston Association and Fairfax County officials have been exploring potential solutions to prevent pipes from becoming exposed by erosion, making them more vulnerable to breakage.

RA also wants its land use attorney, John McBride, to "use the results of the study to research the validity of the Fairfax County Public School's waiver of stormwater management/best management practices on the South Lakes High School and Langston Hughes Intermediate properties when the facility was last renovated."

In October, Maynard asked the Board of Supervisors to press FCPS "to be a responsible Reston community partner and environmental steward in addressing the problem it created."

Hunter Mill Supervisor Cathy Hudgins

gave legitimacy to neighborhood description of the stormwater problem.

"The conditions described are very much real," she said.

Everybody agreed that there are storm water issues that impact the Wakerobin and Cedar Cove cluster.

But the issue then turned to responsibility, whose it was, how it would be tackled, and when. The school system attempted to absolve itself from responsibility.

"We can't restore this stream, I believe that is a project that should be done, but that's a decision for another day," said John McGranahan Jr., attorney for the school system.

Reston Association hopes its motions last Thursday will create a more collaborative process.

Local Students Win National recognition at Junior Theater Festival

Students from Lopez Studios, Inc. in Reston won a Freddie G Award for Excellence in Ensemble Work and student Kendyl Florence earned a Freddie G Outstanding Student Director and Choreographer at the 2016 Junior Theater Festival, held Jan. 15, 16 and 17 at the Cobb Galleria Centre in Atlanta, Ga.

The 18 students presented selections from Disney's "Beauty and the Beast JR."

The students who traveled to the Junior Theater Festival on behalf of Lopez Studios, Inc. Performing Arts School are: Tiffany Bennett, Lena Buttermann, Jillian Dalrymple, Cady Denk, Laila Gallant, Jason Itkin, Tess Jannery-Barney, Mary Kurbanov, Sonia Mott, Lindsey Newberg, Marcus Pennisi, Rachel Rubin, Sissy Sheridan, Keiko Tani, Nissi Toro, Jillian Upshaw, Alyssa VanLandingham and Logan Wagner.

Produced by the Junior Theater Group in partnership with iTheatrics, a leading educational theater company that creates innovative experiences and products for the public and private sector, the Junior Theater Festival is the world's largest festival celebrating young people and the transformative power of musical theater.



PHOTO BY JAMES BARKER

Lopez Studios accepting its Excellence in Ensemble Work, from left: Tony-nominated composer Benj Pasek, Broadway performer Andrew Keenan-Bolger, Lopez Studios, Inc. student Jason Itkin, Lopez Studios, Inc. educator Jennifer Kessler accepting the award on their group's behalf; and Tony-nominated composer Justin Paul.

An international roster of stage and screen stars and industry professionals from all aspects of professional musical theater were on hand to applaud the

5,800+ attendees representing 115 educational musical theater groups from 28 U.S. states, the District of Columbia, South Korea and Australia.

RESTON CRIME REPORTS

Notable incidents in Reston from the Fairfax County police blotter from Jan. 19-29.

Police Unit Breaks Up Prostitution Ring in Reston

Detectives from the Street Crimes Unit received information regarding a tip in December 2015 that there was an alleged prostitution ring operating in the Reston area. After a comprehensive investigation, detectives learned that an unknown person was using the alias of "Ron Burgundy" and operating a "sex club" out of an apartment on Northgate Square in Reston. The person was advertising online and charging a fee to engage in various sexual acts with a prostitute.

Members of the Fairfax County Police Department's Street Crimes Unit executed a search warrant at Northgate Square apartment on Monday, Jan. 19, 2016. Police arrested a 33-year-old man (who used the Ron Burgundy name) and charged him with pandering and maintaining a bawdy house. Another person in the home, a 26-year-old woman, was also arrested and charged with prostitution and frequenting a bawdy house.

Missing Adult

A woman reported missing was located on Friday, Jan. 22 around 4:30 p.m. in King George County, Va. A state trooper saw a vehicle stopped alongside a road and pulled up behind it to check on it. He determined the driver was the woman reported as missing. She was in good condition and will be reunited with her family. The woman suffers from dementia and may be in need of medical attention. She is known to frequent the Reston, Seven Corners and Merrifield areas to include churches, shelters and The Lamb Center on Lee Highway.

Volunteer Fairfax Seeks Nominations, New Deadline Feb. 9

Awards recognize the contributions of volunteers in the community.

Nominations are open for the 2016 Fairfax County Volunteer Service Awards. The awards recognize citizen volunteers who perform the service that makes our local community such a great place to live, work and play. Nominations deadline has been extended to Tuesday, Feb. 9 at 4 p.m.

Community and civic groups, government agencies, faith organizations, educational institutions, and local nonprofits are en-

couraged to nominate the outstanding volunteers who support their mission. Individuals may also nominate.

Award nominees and recipients will be recognized at the 2016 Fairfax County Volunteer Service Awards breakfast on Friday, April 8 at The Waterford in Springfield. The event is open to the public and is attended by over 400 community and business leaders, including Chairman Sharon Bulova and the Fairfax County Board of Supervisors.

Elise Neil Bengtson, chief executive officer of Volunteer Fairfax says, "Every day there are individuals and groups working to make our community better. Volunteers build playgrounds, maintain rivers and streams, and tutor students—these citizen volunteers contribute greatly to our quality of life. Please nominate so we may learn their inspirational story."

To submit a nomination visit www.volunteerfairfax.org.

Reports of Lake Anne's Demise are Premature

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/
HOST



Things were looking a little bleak at Lake Anne in December as winter officially began. Temperatures started to cool and evening business traffic on Washington Plaza slowed noticeably, as it does each year. Then the news hit that our hoped for game changer, the major revitalization project for Lake Anne Village and the Crescent Apartments, had been abandoned by the renowned developer frustrated with the public-private endeavor. Things began to get downright gloomy

INDEPENDENT PROGRESSIVE

among merchants and residents in the village. The downward spiral accelerated when Lake Anne was buried in 29 inches of snow in the Great Whiteout of 2016. Ten days later, we are still digging out. We've hit bottom.

But, lo and behold, it seems the reports of the Lake Anne Village demise might be premature. Indeed, there are exciting prospects on the near-term horizon! Here's what's happening.

On Saturday, Feb. 6, the U. S. Post Office returns to Lake Anne, tucked neatly into Doris Tyler's Chesapeake Chocolates along the quay. That's right, a contract Post Of-

fice, like the one we lost a few years ago when the legendary Lake Anne Pharmacy closed, will return in one of my favorite shops. Imagine—a real Post Office co-located with Doris's delicious chocolate creations (including her unique "4 for the 99 percent" gem), her Virginia wines and sundry other goodies! Doris worked hard to win the USPS competition for the new concession and to re-do her business to accommodate it.

In early March, Jason and Melissa Romano will open both the doors and their taps at the new Lake Anne Brew House right next door to Chesapeake Chocolates! Talk about hard work! Jason and Melissa are inventing their own beers in a nano brewery. The concept is so new that they were

the first to run the gauntlet of a new regulatory process for approval to operate. It has taken much longer than they, or we the thirsty ones, had hoped.

Furthermore, they utilized Kickstarter's innovative app to raise over \$25,000 online from folks who liked their business plan and agreed to pony some bucks to help out. Scores of people from Lake Anne and beyond chipped in. In return, we get some beer discounts, personal growlers and such at a nice neighborhood pub. Jason and Melissa, not only got some capital to start up, they also get scores of people who believe in them and who most certainly will be their cus-

SEE LOVAAS, PAGE 15

COMMENTARY

A More Realistic Minimum

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



Northern Virginia jurisdictions are among the wealthiest in the country. Yet we have in the schools in the region significant percentages of children on free and reduced-price lunches because of the low income of the households in which the children live. In Fairfax County 29 percent—more than 50,000 children—are on the free and reduced-price lunch plan. Some schools have breakfast programs for children who come to school hungry. Churches have started programs to send food home with children to ensure that they have something to eat on the weekend.

The disparity in income seen in our region exists throughout the country. There is no one solution to the problem, but 29 states and the District of Columbia and 23 U.S. cities have raised the minimum wage as a way to reduce income inequality. My bill to raise the minimum wage in Virginia was defeated on a party-line vote of 6-4 in a subcommittee last week. This is the second year the bill has been defeated. Virginia's minimum wage is the same as the federal \$7.25 per hour which the Congress has likewise refused to raise.

Since the minimum wage of 25¢ per hour was first adopted in 1938, national and state governments have periodically raised it to keep up with inflation and changes in the economy. The current rate of \$7.25 was set by the Congress in 2009. Most econo-

mists agree that the minimum wage had its greatest purchasing power in 1968 when it was \$1.60. My bill called for a "truing up" to the 1968 level of purchasing power that would be \$9.54 per hour that I round up to \$10.00 in the first year increasing over time to 2018 when it would be \$15.00. My bill was intended to restore purchasing power to consumers and to move them towards a living wage.

Working a 40-hour week at the current minimum wage of \$7.25 per hour for 50 weeks produces an income of \$14,500 that is below the federal poverty level. In Fairfax County the median household income is \$110,674 and in Loudoun County \$122,294. Representatives of the Reston, Loudoun and Fairfax County Chambers of Commerce as well as the state chamber spoke in opposition to my bill.

Raising the minimum wage could directly affect 725,000 Virginians. Of these people, 90 percent are over age 20, 57 percent work full time, and 31 percent work more than 20 hours per week. Of these persons 82.4 percent have at least a high school diploma and 48 percent have some college education.

I fully support programs that feed and house the hungry, but at the same time I vigorously support programs that compensate workers more adequately for their work. I hope that community and business leaders can get behind future efforts to raise the minimum wage as a way to reduce income inequality in our community.

SCHOOL NOTES

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

Etienne Ying-Hong Daily, a graduating senior at South Lakes High School in Reston, Virginia, has been named one of more than 4,000 candidates in the 2016 U.S. Presidential Scholars Program. The candidates were selected from nearly 3.3 million students expected to graduate from U.S. high schools in the year 2016.

Margot Cumming and **Zachary Klein**, of Reston, are on the Dean's List for Fall 2015 at the University of Wisconsin-Madison. Cumming is in the College of Agricultural and Life Sciences. Klein is in the College of Letters and Science.

Brenda Kamga, of Reston, is on the Dean's List for the Fall 2015 semester at Mars Hill University in North Carolina.

Ian McConnell, of Reston, son of Elizabeth and Clayton McConnell is on the Dean's List for the Fall 2015 semester at Furman University in South Carolina.

Darcie Cecilia Badger, of Reston, graduated from Fort Hays State University in Hays, Kan. in the summer of 2015 with a Masters of Science in Education, English for Speakers of Other Languages.

Jacob Kassim, of Reston, has accepted membership in the National Society of Collegiate Scholars. Kassim is a student at Northern Virginia Community College.

Jillian May Reagan, of Reston, earned a Bachelor of Arts degree with a major in communication and a major in cinema from Denison University. A dean's list student, she was a recipient of the Denison Alumni Scholarship and the Scott C. Schurz Endowed Scholarship. She is a member of Kappa Kappa Gamma sorority.

FEB 6TH

Are You & Your Family Comfortable in Your Home?

We Hope You Will Join Us!
Saturday, Feb. 6th, 2015 - 10am-2pm
 Where: Sun Design Corporate Office
 5795 B Burke Centre Parkway, Burke, VA 22015
(Located behind the Kohl's shopping center)
Seminars run from 10am-12pm. Lunch to follow.
Please arrive at 9:45am for check-in.
 Seating is limited!
 RSVP: info@sundesigninc.com or call Erin at 703.425.5588

THIS EVENT FILLS UP FAST!
 If you are unable to make this date, please give us a call to get on the schedule for the next event!

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CALL FOR CANDIDATES

Reston Association is seeking members to serve on the Design Review Board (DRB) in the following volunteer leadership positions:

- Design Professional (2 seats): Architect, land planner, or landscape architect
- Lay Member (1 seat): Need not be a design professional

Appointed by the Reston Association Board of Directors, the DRB is responsible for administering and rendering decisions involving design covenants in accordance with Reston Association's Design Guidelines.

If you are interested in applying, please contact stadele@reston.org by Friday, Feb. 26, 2016.

Reston
 ASSOCIATION
Together we make Reston great

OPINION

Economic Development in Virginia

The General Assembly prides itself in providing a pro-business climate, but refuses infusion of more than \$3 billion annually.

Hundreds of bills before this year's General Assembly session focus on "business climate," providing incentives for businesses to locate and expand here, extending tax exemptions and tax credits, encouraging international trade, reducing regulation and many other approaches perceived as pro-business.

Previous years of robust economic growth have been fueled by federal spending in Northern Virginia, but now that growth has slowed due to reduced spending on defense, homeland security and other programs.

But ideology and partisan politics have led this otherwise pro-business state to ignore pleas from virtually every business group in the Commonwealth to adopt a policy that would result in more than \$3 billion in economic activity, add more than 30,000 jobs, make the overall population healthier, save the lives of many poor residents and pave the way for solving Virginia's mental health crisis.

Implementing Medicaid expansion in Vir-

ginia would provide a \$3.9 billion boost to the Virginia economy annually, according to an independent study commissioned by Virginia Hospital and Healthcare Association, and could support more than 30,000 additional jobs. (The multiplier effect results in economic benefits several times greater than the initial injection of funds.)

In no way should the decision on expanding Medicaid be left up to the General Assembly that is gerrymandered to favor ideologically driven members who oppose the Affordable Care Act for inconsistent reasons without regard to the wellbeing of the Commonwealth and its residents.

To quote the VHHA study: "Strengthening the existing Medicaid program and potentially extending coverage to an estimated 400,000 low-income adults has far reaching consequences that go well beyond what can be quantified in purely economic terms."

— MARY KIMM

Another Opportunity to Talk About It

Super Bowl Sunday is Sunday, Feb. 7, and often more about the parties than the game. The parties have resulted in a measurable increase in impaired driving on that day.

During Super Bowl Sunday 2012, more than a third of traffic fatalities involved alcohol-impaired drivers according to the National Highway Traffic Safety Administration.

"It's important to have a game-plan prior to kick-off and to beat this too often deadly opponent," said Kurt Gregory Erickson, president of the nonprofit Washington Regional Alcohol Program (WRAP), a local 34-year-old public-private partnership.

Plan to bring a designated driver. Plan to party where you can take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain. Plan to call a cab or Uber or Lyft and retrieve your car the next day if need be.

But don't miss the chance to talk to the members of your household and members of your social circle about the importance of keeping impaired drivers off the road.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Standing and Walking Again

To the Editor:

I am writing you to tell you about a neurological physical therapy center located in Vienna that is doing amazing things to help many disabled residents of Fairfax County. The center is called Advanced Physical Therapy (APT) — aptrehab.com — and its owner and therapist is Dr. Valerie Gibson. Dr. Gibson's center is unique as it specializes in the treatment of neurological diseases and injuries. At APT, leading edge rehabilitation technology is combined with expert hands-on therapy which helps to maximize function and increase independence in patients with spinal cord injuries, like me, and patients who have had a stroke, Multiple Sclerosis, Parkinson's disease, brain injuries, and other neurological illnesses and conditions. Dr. Gibson is using new and emerging technologies which are transforming the field of neurorehabilitation. APT is the only clinic in Northern Virginia that has the most advanced technologies to assist patients in their physical recovery. The staff at APT has received advanced training by experts in the field and have earned all necessary certifications to use these remarkable devices to enhance their patient's potential to overcome the challenges created by their impairments.

In 1977, at the age of 17, I myself suffered a severe and life-threatening spinal cord injury diving into a swimming pool and was paralyzed from the neck down. With expert medical attention and months of excruciating pain and hard work, I recovered some of my movement. While I was able to recover most of the normal function in my hands and arms, my legs, however, would never again function normally. I was able to walk again, albeit in a different manner than most people. I was determined not to let my accident define me. I graduated from college and went to work. I spent over 20 years in mortgage finance and information technology industry.

Although after my accident I was able to walk with a modified gate for many years, in 2008, my physical condition started to slowly worsen and I was forced to start using a cane and then eventually a walker. After years of research and medical consultations, I was diagnosed with a "tethered" spinal cord. As a result of my original injury, my spinal cord had become attached to my spine, causing my physical deterioration and continuous, unbearable pain.

In May 2012, I had surgery at NIH to detach my spinal cord from my spine. The surgery left me a quadriplegic for the second time

in my life and I now spend 100 percent of my waking hours in a wheelchair. Over the past three years, with the help of Dr. Gibson, I have worked hard to try and regain the mobility in my arms and legs. My plan is to continue to stay physically prepared for any new procedures or one day, even a "cure".

APT has recently acquired a life-changing, remarkable product called the Ekso Robotic Exoskeleton (http://www.eksobionics.com/ekso). This is a bionic suit (yes, like the 6 Million Dollar Man) allows someone like me to be able to stand and walk again. This device enabled me to not only stand up but also to walk again for the first time in over 3 years. The Ekso Robotic Exoskeleton helps not only people with spinal cord injuries but also survivors of strokes and other forms of lower extremity weakness to walk again.

I am so very passionate about neurorehabilitation, not only for me but for the many people that these new technologies like the Ekso Robotic Exoskeleton, that I thought you may be interested in doing a story about Dr. Gibson and Advanced Physical Therapy and what she is doing to really change people's lives.

Paul Brown
Vienna

Pet Photos for the Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures. Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to north@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

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A COACH CAN CHANGE YOUR LIFE

When Barbara walked into Koko FitClub, she was nervous. Facing serious health issues, her doctors prescribed exercise. Traditional “gyms” caused fear and dread – she tried them, and hated them. Her goal: to get healthy and build strength in a place that made her feel like she truly belonged.

At her first session, Barbara could barely lift any weight. Her FitCoach, Tyler, encouraged her to stay positive. He guided her through 25-30 minute workouts, just 2-3 times a week, and discussed healthier eating. Within 30 days, Barbara saw results. The workouts were exciting and (finally!) she could do push-ups!

After several months training with her FitCoach, Barbara is 50% stronger. She looks fantastic. She is strong, fit and, most importantly, healthy.

Tyler is impressed. “To see someone who has gone through so much and is now achieving her goals – it’s incredible. Barbara always wants me to challenge her, and I love it! What makes me most proud is the simple fact that she is proud of herself. I may have helped along the way, but if she hadn’t made the first step to come into Koko FitClub, none of this would have been possible.”

COME CHANGE YOUR LIFE WITH US THIS YEAR

Take your first step towards a healthier, stronger, fitter YOU this year. Try Koko FitClub for 30 days for just \$30. Come work with our coaches, meet our members, and see what makes the Koko so special. There is no obligation. If you don’t love Koko in 30 days, we haven’t earned your business.

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Koko FitClub of Reston | 571-612-2333 | reston.kokofitclub.com/get30for30

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\$30**

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Boys & Girls Clubs of Greater Washington, Fairfax County Region

3rd Annual Casino Night

Saturday, March 12, 2016
7:00 - 11:00 pm
The Ritz-Carlton, Tysons Corner

Tickets

\$100 per person
\$180 per couple

Enjoy:

- Open bar
- Dinner buffet
- Dancing
- Casino games & funny money!

Use your funny money winnings to enter to win fabulous prizes. And new this year - special prizes for our top winners!

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WELLBEING

Marking American Heart Month

Month-long observance raises awareness about cardiovascular disease and the role of aerobic exercise in preventing it.

BY MARILYN CAMPBELL
THE CONNECTION

Music is thumping, sweat is dripping and hearts are pounding. In a packed aerobic dance studio, students move in the name of health.

"There's a push by the community to have aerobic and cardio programs, especially ones that start after 5 p.m.," said Peter Selikowitz, director of the Potomac (Md.) Community Recreation Center, where the aerobic dance classes are held. "That has been a big shift in recent years, and it's a shift we're looking to make."

Throughout the month of February, in honor of American Heart Month, health and fitness professionals are raising awareness about cardiovascular disease and the role of aerobic exercise in preventing it. While recent studies, including one by the Mid America Heart Institute, found that extreme exercise training and competing in endurance events can actually damage the heart, exercise is still the best prescription for a healthy heart.

"All aerobic activity has the potential to bring positive health benefits if the correct intensity [or] level of difficulty and duration are used," said Michelle Walters-Edwards, chair and associate professor of Health and Human Performance at Marymount University in Arlington.

Some warning signs that an exercise program might be too intense include "constantly sore muscles, changes in mood, trouble sleeping, a decrease in appetite or

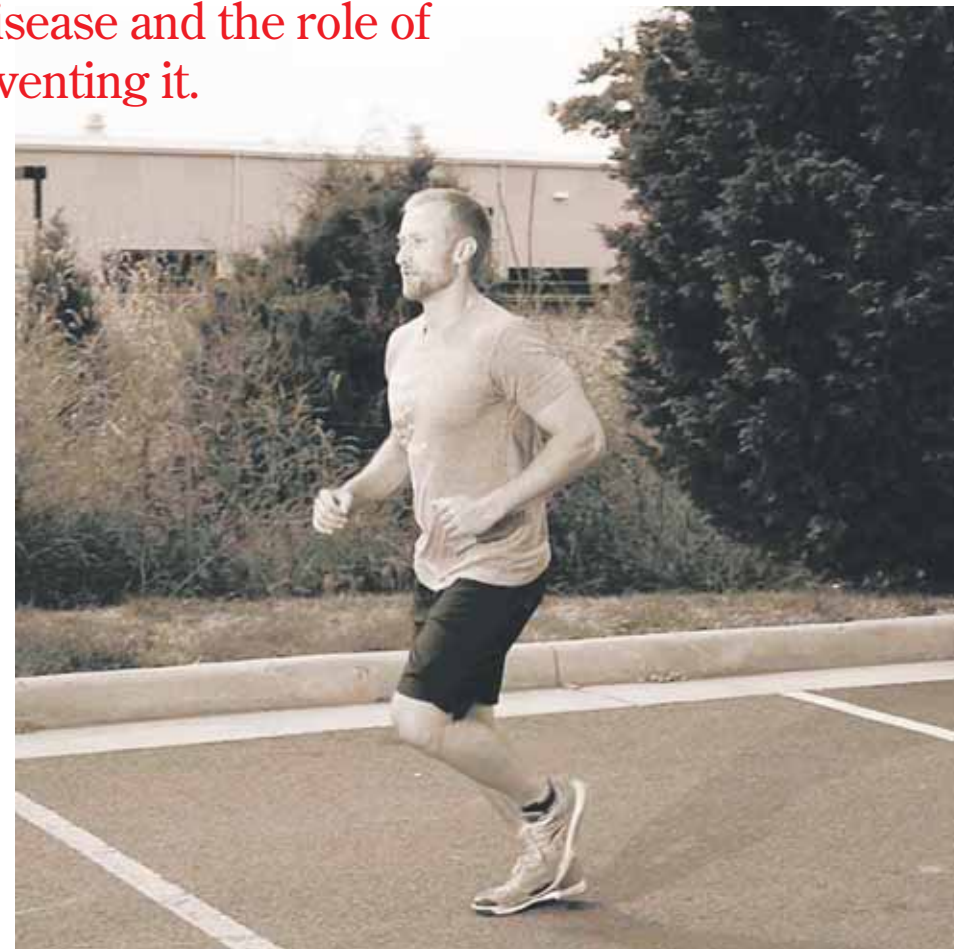


PHOTO BY MOLLY TOBIAS

Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University, demonstrates aerobic exercise, a tool in the fight against heart disease.

feeling weak," said Joel Martin, Ph.D., assistant professor of kinesiology at George Mason University. "Those are signs that you might be over-training."

"Too much aerobic exercise can also cause soft tissue issues such as tendinitis and

muscle strains. These are signs that the volume of exercise is too great for the muscles and tendons to deal with, and this should be modified," said Walters-Edwards.

To hit the right target for intensity and duration, both Martin and Walters-Edwards

Wear Red Day

FRIDAY, FEB. 5

The American Heart Association is encouraging residents to show support for the fight against heart disease in women by wearing red on Friday, Feb. 5 — National Wear Red Day. Part of the American Heart Association's Go Red for Women movement, Wear Red Day focuses the attention on heart disease, the number one killer of women in America.

advise checking the guidelines offered by the American Heart Association and the American College of Sports Medicine (ACSM) on how to achieve

an optimum level of aerobic intensity. The formula calls for subtracting one's age from 220 and multiplying that number by 0.5 for a beginner, by 0.69 for someone who exercises frequently for moderate intensity, and by 0.8 to 0.85 for vigorous intensity for those with significant experience with aerobic exercise.

ACSM recommends 30 minutes of aerobic exercise three to five days each week at a moderate intensity. "If you can hold a conversation while exercising that is a safe intensity for beginners," said Walters-Edwards.

The standards are based on "how fit you already are, your age and how accustomed your body is to the demands of cardio workouts," said Walters-Edwards. "The more accustomed you are to working out aerobically the greater your endurance capacity will be."

A beginner, says Walters-Edwards, might aim for a combination of walking and jogging to reach the 30-minute recommended daily minimum. This time can be broken down into two 15-minute sessions. "It is always a good idea to have at least one rest day per week with no exercise to support recovery, she said.

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The “open” floorplan introduced to the Millette’s Reston home by Foster Remodeling eliminates walls yet increases storage capacity. By re-routing ceiling flush HVAC, the contractor introduced cabinets 30 percent taller than their predecessors. The food preparation island accommodates a full array of cookware and crockery in custom-designed cubbies.



Sightlines and natural light availability have increased in the Millette home. Interior lines, colors and textures help to differentiate the living room, family room and other use-zones. It is an interior design scheme that scales back any tendencies of a large open space to seem too cavernous.

Making More out of Less

Empty-nesters find a better plan for space, makes downsizing easier.

BY JOHN BYRD

The transition was surprisingly easy. In the previous act, John and Mary Millette were living with two growing sons in a 5,000-plus-square-foot house in Charleston. In the next scene, retirement looms and the couple have relocated to a pleasant “contemporary” on a golf course in Reston.

At 2,700 square feet, the new house is tighter than its predecessor, but both sons are now off on their own. Quite suddenly, John and Mary Millette are empty-nesters, downsizing, writing a new chapter.

The new house accurately proffers much of what the Millettes sought as they shifted to a simpler, less work-focused life.

There are two floors and a lower level. Four bedrooms. A sizable family room with a fireplace and side deck. There is a spacious front-facing living room with a sloping cathedral ceiling. A formal dining room behind French doors with sidelights.

Alas, the dining room is too cramped for a table that seats eight; moreover, many of the kitchen outlier spaces are small, bordering on dysfunctional. The pantry is tiny. There is a recessed cubby with a desk that doesn’t figure in the Millettes’ plans at all. The 20-year-old food prep island that takes up more than half the kitchen floor space is more of a bulwark against thru-traffic than a useful cook’s asset.

AFTER OCCUPYING THE HOUSE or some months, the couple’s first thought is to re-deploy the living room as a more spacious dining room. Then delete some interior walls, introducing an “open” plan.

That, of course, means removing a middle-of-the house load-bearing wall that sequesters the family room from the old dining room. No simple engineering feat in a two-story house.

So the Millettes are pleased to learn via old friends about Foster Remodeling Solutions, a 33-year-old full service design/build contractor which has executed many interior reconfiguration plans that entail structural challenges — often with award-win-



To accommodate the Millettes’ call for in-kitchen dining, the Foster team created space for a banquette that incorporates roll-out storage drawers.

ning results.

In short order, the couple call in Foster’s Chris Arnold, remodeler and space planner, to talk through ideas.

“We’re seeing growing interest in this kind of transitional-style interior solution,” Arnold said. “An open plan creates a much more generous sense of space, but it also requires innovative ideas — especially if you want to improve living space functionality and increase storage capacity ... while actually removing walls that were previously used to conceal things.”

With the dining room now successfully relocated, the emerging plan calls for conjoining kitchen, family room, and the former dining room into a large, L-shaped living area.

This will entail removing a structural wall between the family room and the former dining room, and introducing a horizontal support beam affixed on a reinforced vertical shaft extending up from the basement. The support will hold the second floor firmly in place, yet allow for more interactive relationships between existing first floor rooms.

“Sightlines and natural light availability open up dramatically with these changes,” Arnold said. “Yet interior lines, colors and

textures nicely differentiate the living room, family room, kitchen and other use-zones. It’s an interior design scheme that scales back any tendencies of a large open space to seem too cavernous.”

To accommodate the Millettes’ call for in-kitchen dining, Arnold eliminated the pantry and recessed desk, creating room for a custom-designed banquette that incorporates roll-out drawers designed for storing large serving platters and other less frequently used collectibles.

With the pantry wall gone, the couple can now see all the way to the wall mounted TV in the new living room where a favorite golf game might be underway.

“It’s a very usable everyday plan that gives us lots of lifestyle options,” Mary Millette said.

For better traffic patterns, Arnold designed a serving station and beverage center in the hall just beyond the banquette. The step-saving surface is conveniently situated midway between kitchen and dining room, but it’s also an easy reach to the living room, or stairs leading to the downstairs recreational area.

Equipped with a wine refrigerator and wine racks, the large granite surface is an asset when entertaining. Recently, Mary

Details

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

said, the couple accommodated 40 guests. Though no square footage has been added in the makeover, Mary Millette said the space feels “substantially larger.”

“One of the tricks of our trade,” Arnold said, “is knowing how to reduce visual clutter while adding storage capacity.”

BY RE-ROUTING the ceiling-flush HVAC, for instance, Arnold and team created more ceiling space, introducing cabinets that are 30 percent taller than their predecessors.

Likewise, at nearly 25 square feet, the custom-designed food preparation island provides orderly, at-hand storage for every cooking implement in the house — as well as access to a pull-out trash receptacle.

That said, the decorative highlights — comprised largely of neutral tones and textured surfaces — make bulky objects seem smaller. Wood floors, re-sanded and re-stained to a golden tone, also unify the space. Mary Millette credits Foster’s organized process with the ease and creative satisfaction through which she was able to make important finishwork decisions.

“I could find everything I needed at the company’s showroom,” Millette said. “On one occasion, I asked for more options on granite, and Chris Arnold drove me to their supplier’s main facility outside of Baltimore where I could expand the search.”

Having worked as a project coordinator in her professional life, Millette said she was impressed with the remodeler’s well-managed delivery system.

“They presented us with a schedule at the top of each week,” she said, “and there was never any question about which phase of the remodel was underway at any time. This was enormously helpful, and allowed us to concentrate on other matters and make effective decisions throughout. We felt both supported and in charge. A good feeling to be sure.”

PHOTOS BY HOME FRONTS NEWS

CALENDAR

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

ONGOING

Sorcerers in Snow: Hogwarts in Winter. Through Monday, Feb. 29. ArtInsights, 11921 Freedom Drive, Reston. See a collection of original and limited edition art from the Harry Potter series of books and films. In honor of actor Alan Rickman, 10 percent of sales will benefit two charities, JK Rowling's Lumos, and Saving Faces. 703-478-0778.

GRACE Art: Cultivating a Creative Community. Feb. 25-March 5. Greater Reston Arts Center, 12001 Market St., 103, Reston. Highlights work from the long-standing GRACE Art program. Nearly 40 area schools participate in this program, in which trained classroom volunteers deliver an interactive art history lesson with materials and visuals supplied by GRACE, followed by a related hands-on art project. www.restonarts.org. 703-471-9242.

Emerging Visions: Contemplating Community. March 15-April 9. Greater Reston Arts Center, 12001 Market St., 103, Reston. Fairfax County high school students the opportunity to work directly with GRACE's curatorial staff to create thoughtful, well-crafted artworks that will be exhibited in the gallery. This year, GRACE is dedicating its celebration of Youth Art Month to Bob Simon's vision for a New Town. www.restonarts.org. 703-471-9242.

"Middletown" by Will Eno. Jan. 14-Feb. 7. NextStop Theatre Company, 269 Sunset Park Drive, Herndon. In this quirky, modern companion to "Our Town," residents of Middletown seek the meaning of suburban life. Encounter thought-provoking universal themes and a few personalities you may recognize from your own neighbors and friends. www.NextStopTheatre.org. 703-481-5930.

Dress Drive for Prom. Jan. 2-March 26. Monday-Saturday, 9 a.m.-5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. RCC is collecting formal dresses, shoes, handbags, scarves and shawls, jewelry and accessories for Diva Central. All donations are appreciated, however, we ask that donations are in good condition, no older than 5 years old (circa 2011), and dry cleaned before they are donated. 703-390-6158.

Volunteers. The McLean Community Players seeks volunteers, preferably retirees who can work during the day on weekdays as well as weekends, to build scenery for MCP productions. No experience is required. Training



The Ninth Annual Freezin' for a Reason will be at Lake Anne Plaza on Saturday, Feb. 6 starting at noon.

PHOTOS CONTRIBUTED

Piano soloist Dr. Bora Lee performs Schumann Ravel and Brahms on Friday, Feb. 26 at United Christian Parish of Reston.



provided. Call the scene shop manager at 703-304-3176 to schedule a visit and talk. www.McLeanPlayers.org.

Integral Tai Chi. 12:30-2 p.m. Mondays and Wednesdays through March 30. Herndon Senior Center, 873 Grace St., Herndon. Integral Tai Chi is a combination of traditional Chinese Tai Chi and Qi Kong. The movements come from both forms of practice, in addition to yoga movements in the warm up section. Students need to bring their own yoga mat, a towel and water. Free-

\$5. 703-464-6200.

Regina Petrecca's Paintings. February-March. Monday-Friday, 9 a.m.-5 p.m. PenFed Realty, 1886 Metro Center Drive, Reston. Energetic brushstrokes are the hallmark of Regina Petrecca's paintings. Free. www.leagueofrestonartists.org.

All-comers' Group Fun Run at Potomac River Running. Tuesdays and Thursdays. Reston Town Center, 11900 Market Street, Reston. For beginners or competitive. SEE CALENDAR, PAGE 13

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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 2/17/2016.....A+ Camps & Schools
 2/24/2016 Pet Connection

MARCH
 3/2/2016.....Wellbeing
 3/9/2016 HomeLifeStyle Real Estate Pullout
 3/16/2016.....A+ Camps & Schools
 3/23/2016....Spring Fun, Food, Arts & Entertainment
 FCPS Spring Break 3/21-3/25

APRIL
 4/6/2016.....Wellbeing – Senior Living Pullout
 Easter Sunday is March 27
 4/13/2016.....Real Estate Pullout – New Homes
 4/20/2016.....A+ Camps & Schools
 4/27/2016.....A+ Camps & Schools Pullout
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Langley senior Carter Bennett won the 50 free and 100 free during the Conference 6 championship meet on Jan. 30 at Washington-Lee High School.



The South Lakes boys' swim and dive team placed third at the Conference 6 championship meet on Jan. 30 at Washington-Lee High School.

Langley Boys' Swim and Dive Team Wins Conference 6 Title

South Lakes boys finish third, girls take fourth.

BY JON ROETMAN
THE CONNECTION

Carter Bennett's performance at Saturday's Conference 6 championship swim meet began with helping the Langley boys' 200-yard medley relay take first place.

After producing a pair of record-setting sprints and helping capture another relay victory, Bennett's evening ended with the celebration of a team title, as well.

The Langley boys' swim and dive team repeated as conference champion on Jan. 30 at Washington-Lee High School in Arlington. The meet was condensed into a one-day timed finals format due to snow-storm-related school closures.

The Saxons posted a score of 442.5, more than 80 points ahead of second-place McLean (357).

Langley won each of the three relays and took home five individual championships.

"Fantastic," is how Langley head coach Ryan Jackson described the Saxons' performance. "The boys really showed up, ready to compete to defend their conference title from last year. They were really motivated, really excited and they did a great job across the board, every event."

Bennett, who signed a letter of intent to swim for the University of South Carolina, was a major contributor for the Saxons. Along with helping Langley win the 200 medley relay (1:35.19) and 200 free relay (1:27.96), Bennett won individual titles and set conference meet records in the 50 free (20.96) and 100 free (47.31).

"He's swimming great," Jackson said. "He's doing really well. This has been a really strong year for him. ... He's really, really stepped up his game the past couple years. It was funny, a couple years ago, he and I were talking and he's like 'You know, I like swimming but I don't know if I'm going to do it all the time,' and now he's swim-



Langley junior Isabella Rongione finished first in the 200 free and 500 free during the Conference 6 championship meet on Jan. 30 at Washington-Lee High School.

ming Division I next year. He really has committed himself."

Bennett has high expectations for regionals and states.

"I'm looking for hopefully first place in the 50, around 20.3 [seconds]," he said, "and then whatever I can do in the 100 — hopefully first place."

Langley also won the 400 free relay (sophomore Chase Bradshaw, junior Devin Truong, senior Justin Rose, sophomore Casey Storch) with a time of 3:11.83. Junior Ryan Ha, Storch and Truong swam with Bennett in the 200 medley relay, and junior William Wingo, freshman Adam Fischer and Rose swam with Bennett in the 200 free relay.

Storch won the 200 IM (1:50.69), Rose took home the 100 butterfly title (51.44) and junior Duncan Proxmire finished first in the 500 free (4:49.94).

Jackson said the Saxons are aiming for a top-three finish at regionals and states.

"Regionals, we're certainly going to try to give Robinson a run for their money," he said. "They're definitely the clear favorites."

ished second (526.75).

South Lakes' D'Alessandro finished runner-up in the 50 free (22.29). Madison's Wu took second in the 500 free (4:50.20).

In the girls' competition, Yorktown won its first Conference 6 championship. Langley finished runner-up, followed by McLean (third), South Lakes (fourth), Fairfax (fifth), Madison (sixth), W-L (seventh) and Hayfield (eighth).

Langley junior Isabella Rongione won the 200 free (1:51.26) and 500 free (4:53.11). She won state titles in the two events as a freshman in 2014 and finished runner-up last year.

McLean won the 200 medley relay (senior Veronica Wolff, junior Claire Wolff, junior Elizabeth McCulla, senior Sinead Eksteen) with a time of 1:47.48, and won the 400 free relay title (McCulla, Veronica Wolff, junior Elena Summers, Eksteen) with a time of 3:33.2.

The Seahawks' 200 free relay (freshman Katie Nguyen, junior Malina Stassinis, junior Caitlyn King, junior Natalie Pritz) finished fourth (1:41.43) and was fourth-tenths of a second away from qualifying for states.

"I was very pleased with how both teams performed in lieu of the weather," South Lakes head coach Scott Brown wrote in an email. "While we did not have an abundance of best times, we raced really well and that is key when you are out of the water and are faced with a timed finals format. Very pleased with all of the relays having an opportunity to swim again and try to make state cuts. The girls' 200 free relay is .04 off the cut and the boys' free relays are close as well."

"Great job by our divers, including Emma Bulger, who set a new school and conference record for 11 dives."

The 6A North region swim finals are scheduled for 5:30 p.m. on Saturday, Feb. 6 at Oak Marr.

"As far as this week goes," Brown wrote, "I, like all the other coaches, am looking forward to getting some practice time in to try and get some more state cuts this week at Oak Marr."

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

CALENDAR

FROM PAGE 11

runners, come out for a fun, low-key run that is safe and social. For more information, call 703-689-0999 or visit <https://potomacriverunning.com>.

Rebecca Kamen: Continuum.

Through Feb. 13. Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. Kamen. Informed by research into cosmology, neuroscience, history of science, and philosophy, Kamen's abstract sculptures and paintings connect common threads across various scientific fields to capture and re-imagine what scientists see. restonarts.org. 703-471-9242.

"Crimes of the Heart." Feb. 25-March 20. Thursdays, 7:30 p.m. Fridays, 8 p.m. Saturdays, 2 p.m., 8 p.m. Sundays, 2 p.m., 7 p.m. NextStop Theatre, 269 Sunset Park Drive, Herndon. Uncover sordid events of the past when the three Magrath sisters gather to await news of their family patriarch, living out his last hours in the local hospital. This award-winning play is known for its grave-yet-hysterical, touching-but-dysfunctional portrait of a Mississippi family. \$35. www.nextstoptheatre.org. 866-811-4111.

FRIDAY/FEB. 5

Slave Live at Sully Plantation. 2-3 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Come listen and learn about the enslaved people of Sully Plantation. Participate in activities and make a hummingbird craft. Co-sponsored by the Friends of the Reston Library. Grade K-5. 703-437-8855.

SATURDAY/FEB. 6

Freezin' for a Reason Virginia

Polar Dip. Noon to 4 p.m. Lake Anne Plaza, 1609 Washington Plaza, Reston. Chilly dip in Lake Anne for a good cause, Camp Sunshine. \$100 minimum donation. freezinforareason.com. campsunshine.org. lakeanneplaza.com.

MONDAY/FEB. 8

Contemplating Art: Thought

Experiments, Black Holes and Meditation. 7-8:30 p.m. Greater Reston Arts Center, 12001 Market St., #103, Reston. Workshop for adults. Join the Directors of Beloved Yoga, Maryam and Jafar, as they lead you through a thoughtful exploration of the ideas presented in Rebecca Kamen's exhibition, Continuum, at GRACE. Register at info@restonarts.org.

WEDNESDAY/FEB. 10

Sip and Paint. 6-10:45 p.m. Vapiano Reston Town Center, 1875 Explorer St., Reston. Fundraiser will benefit the Bite Me Cancer Foundation and their fight against Thyroid Cancer. \$50. Artbytheglazz.com.

"Dwelling Detective: Researching the History of Your Fairfax County House." 7 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Presented by Susan Hellman, Architectural Historian, Great Falls Historical Society Program. She is the Historic Site Manager for the Carlyle House Historic Site in Alexandria. 703-757-8560.

THURSDAY/FEB. 11

Contemplating Art: Thought

Experiments, Black Holes and

Meditation. 7-8:30 p.m. Greater Reston Arts Center, 12001 Market St., #103, Reston. Teen workshop. Join the Directors of Beloved Yoga, Maryam and Jafar, as they lead you through a thoughtful exploration of the ideas presented in Rebecca Kamen's exhibition, Continuum, at GRACE. Register at info@restonarts.org.

GRACE Art For Homeschool. 10-11 a.m. Greater Reston Arts Center, 12001 Market St #103, Reston. For homeschool students, GRACE staff will present an interactive art history lesson followed by an engaging hands-on art project. Reston residents \$30, non-residents \$45. Register at restoncommunitycenter.com. 703-471-9242. restonarts.org.

FRIDAY-SUNDAY/FEB. 12-14

Valentine's Day Gift Wrapping by Kids R First. Hallway of the Hyatt Regency Reston, 1800 Presidents St., Reston. Gifts will be beautifully wrapped while you shop or work, same-day service. Donations benefit 22,000 children from families in need in the local area with school supplies through Kids R First, an all-volunteer organization. 703-478-2218. appalachianspring.com/rtc.cfm.

SATURDAY/FEB. 13

Valentine's Guitar Gala. 6:30-9:30 p.m. Cafe Montmartre, 1625 Washington Plaza N., Reston. Three-course gourmet dinner and the musical elegance of guitarist Jonathan Smith. Fundraiser for Aquado Guitar Concerts. \$80/\$150. <http://www.aquadoguitar.org/>.

FAITH NOTES

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

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m.

Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

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

St. Anne's Episcopal Church, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday school and adult education available. Morning prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or www.stannes-reston.org.

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

HAVEN of Northern Virginia offers a variety of free bereavement support groups, meeting on a weekly basis.

Contact 703-941-7000 or www.havenofnova.org for schedules and registration information.

The Jewish Federation of Greater Washington and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources.

Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays.

Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. ShalomDC.org.

Epiphany United Methodist Preschool, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3- to 4-year-old students. 703-938-2391 or www.epiphanypreschool.com.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday worship services for the Southern Baptist church are at 10:45 a.m.

The public is invited to join a Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.



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Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	Zone 6: The Great Falls Connection

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

21 Announcements 21 Announcements

ABC LICENSE
Zaitoon Corp. trading as A Deli, 13033 Worldgate Dr. Herndon, VA 20170 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises license to sell or manufacture alcoholic beverages. David Ishanzai, President
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

ABC LICENSE
Founding Farmers Reston, LLC trading as Founding Farmers, 1904 Reston Metro Plaza Dr., Ste 100, Reston, VA 20109. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On and Off Premises and Mixed Beverages license to sell or manufacture alcoholic beverages. Daniel Simons, Member,
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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"Snowforgotten"

By KENNETH B. LOURIE



At least, I hope so. And the inference might not be what you think. I am not referring to the feet of snow, the days of waste, the traffic of congestion, the disappearing of lanes, the "unplowing" of neighborhoods/side streets/sidewalks/driveways/parking lots/gas stations, and on and on and on; you name it, you remember it, I want to forget it. Not that I hadn't provisioned properly in anticipation of "Jonass" and was housebound eating Ritz Crackers all weekend. Hardly. I had Oreos and Ben & Jerry's, among other staples. And so as long as we didn't lose power, which most of us didn't, we were able to survive the storm without much adieu – albeit about something. Fortunately, we didn't need to leave the house – before we were advised to do so, and risk getting stuck going or coming from stores themselves not open or whose driveways were still impassable. It wasn't until Monday that the need arose, but by then the safety issues had subsided a bit.

No, what I am finally referring to is the non-stop loop of identical snow information from the same radio and television anchors (anchored to their desks, presumably; I know, "double shifts because of the storm;" yada, yada, yada) from the same stations (local and national) all day and all night. If the seriousness and urgency of the miscellaneous instructions and directives could have struck more fear – and loathing, in my household, anyway – not only would Hunter S. Thompson have been stirred from his grave (especially since we're in a political season), so too would Orson Welles have been tossed about remembering the hysteria that ensued with his famous radio broadcast of H. G. Wells' "War of the Worlds" on "Mercury Theatre on the Air" on October 30, 1938. Listeners thought then we were under attack from aliens. As the snow continued to fall here late Saturday evening, January 23rd, and even into Sunday morning, January 24th, one would have thought, listening to the daytime – and nighttime – broadcasts, that we also were all under attack. But we weren't under attack – from aliens. We were under attack from the media; and its tendency to bunker-down its mentality and hyper-act in the face of/the midst of, out-of-the-ordinary, potentially life-changing/property-damaging sets of uncharacteristic/atypical circumstances for the Washington, D.C. metropolitan area, nearly popped my cork. I'm not sure if it was the redundancy of the message or the forced spontaneity and extemporaneous words and deeds many of us listeners were forced to endure but it wasn't too long before I had reached my limit.

If the technology existed that allowed the audience to verbally interact – in real time, not simply by texting and then watching one's comments scroll across the bottom of the screen, I would have been yelling: "I GET IT. Now can we get back to regular programming, please?" (I realize I can switch channels. I am a sentient being. I'm not Data from "Star Trek: The Next Generation.") However, the frequency and the frequencies with which we were being subjected and in my mind, inundated and overwhelmed by this doom and gloom and over-the-moon reporting was cause for concern: my concern. We were not under attack. We were simply under snow. Get a grip. I realize there are risks and precautions and preparations to be considered, but really, sometimes, as my mother was fond of saying so many years ago: "It's enough already."

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

NEWS

GRACE Celebrates Youth Art Month

Greater Reston Arts Center celebrates Youth Art Month with two exhibitions dedicated to the artistic achievements of the area's youth. The GRACE Art exhibition features selected works from students from nine schools participating in the Center's signature art education program, GRACE Art.

Emerging Visions features exceptional work from students at three local high schools, and is dedicated this year to celebrating Reston founder Robert E. Simon's vision for a New Town. Schools participating in the annual Emerging Visions program will work with the GRACE Education Director and their teachers to develop work that explores Simon's vision for the New Town, evolving definitions of community, and their own personal experiences as community members.

GRACE Art: Cultivating a Creative Community exhibition highlights work from the long-standing GRACE Art program. Nearly 40 area schools participate in this program, in which trained classroom volunteers deliver an interactive art history lesson with materials and visuals supplied by GRACE, followed by a related hands-on art project. Selected student projects from nine participating schools will be presented at GRACE,



Apartment Complex, Nishaad Lorengo

Upcoming Events

GRACE Art: Cultivating a Creative Community

Opening Reception: Saturday, Feb. 27, 5-7 p.m.
Family Day: Saturday, March 5, 12-3 p.m.
Both Events Free and Open to the Public
Emerging Visions: Contemplating Community
Opening Reception: Friday, March 18, 6-8 p.m.
Free and Open to the Public
For more information visit www.restonarts.org
Gallery Hours: Tuesday-Saturday, 11 a.m.-5 p.m.

promoting the impact of this important visual art literacy program.

This year gallery visitors of all ages will have the opportunity to participate in hands-on art activities related to each school's display throughout the exhibition, as well as enjoy light refreshments on Family Day on March 5.

Meditation Workshops At Greater Reston Arts Center

Beloved Yoga is presenting Meditation Workshops at Greater Reston Arts Center, "Contemplating Art: Thought Experiments, Black Holes, and Meditation" inviting all to experience first-hand Einstein's "Thought Experiments" that formulated his Theory of Relativity. With Beloved Yoga directors Maryam and Jafar, workshop attendees will sit among the artwork of Rebecca Kamen's "Continuum" exhibition for meditation that will also include diving into the idea of black holes to expand upon common perceptions and open space within for creativity and ideas.

The next workshop, for adults 18 and over, is on Monday, Feb. 8 from 7 to 8:30 p.m. and a Teen Workshop will be held on Thursday, Feb. 11 from 7 to 8:30 p.m. Both will be held



Photo from "Continuum" exhibit, courtesy of Rebecca Kamen and Greater Reston Arts Center.

at Greater Reston Arts Center (GRACE), 9642, and Greater Reston Arts Center, 12001 Market Street, Suite 103, at Reston restonarts.org.

BULLETIN BOARD

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

WEDNESDAY/FEB. 3

Social Security Seminar. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Changes in Social Security laws go into effect on May 1. Learn how they will impact your options for maximizing your benefits. Adults. Register 703-689-2700.

WEDNESDAY/FEB. 10

Ask the Physician: Raising a Healthy Child. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. A pediatrician from Reston Hospital will discuss common childhood health issues and concerns. Bring your questions. Adults. Register 703-689-2700.

THURSDAY/FEB. 18

Food Packing Event. 10 a.m. Dominion Virginia Power, 3072 Centreville Road, Herndon. Assistance League of Northern Virginia invites community members to help pack food for the Weekend Food for Kids program which benefits 1500 schoolchildren who receive reduced-price meals during the week. Arrive at 9:30 a.m. if you would like to help with setup. Event contact: karenamster@aol.com.

TUESDAY/FEB. 23

INOVA Blood Drive. Noon-7 p.m. Behind the Pavilion of Reston Town Center, 11900 Market St., Reston. Schedule appointments at 1-866-256-6372 or inova.org/donateblood. On-site registration also available.

SUNDAY/FEB. 28

Volunteer to Serve Dinner. 5:30 p.m. North County Human Services Building, 1850 Cameron Glen Drive, Reston. Provide and serve dinner. Under the auspices of FACETS, in partnership with Fairfax County Hypothermia Prevention Program. Sponsored by Congregation Beth Emeth. www.bethemeth.org.

Lovaas

FROM PAGE 4

tomers!

Wait, there's more! The Lake Anne Coffee House, which sadly had been in a state of decline, has new owners, Rick and Eve Thompson, who already oversee the Lake Anne Condominium and run the Saturday Crafts Market on the Plaza. They are renovating the entire building (originally a townhouse) and hope to open a classier coffee house in early March. A few years ago, the Coffee House drew crowds of customers, especially during the May-November Reston Farmers Market season, but also during the slower winter months. It will be good to have it back.

Late-breaking news! In addition to the reopened Coffee House, the Thompsons are adding a wine bar, another first for little Lake Anne, which will now feature no less than five diverse places to find your favorite drink.

All this is happening now. Lake Anne's outlook is suddenly promising, with desirable new businesses injecting new life. A tip of the Progressive's hat to local entrepreneurs bringing revitalization to Lake Anne from within!

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