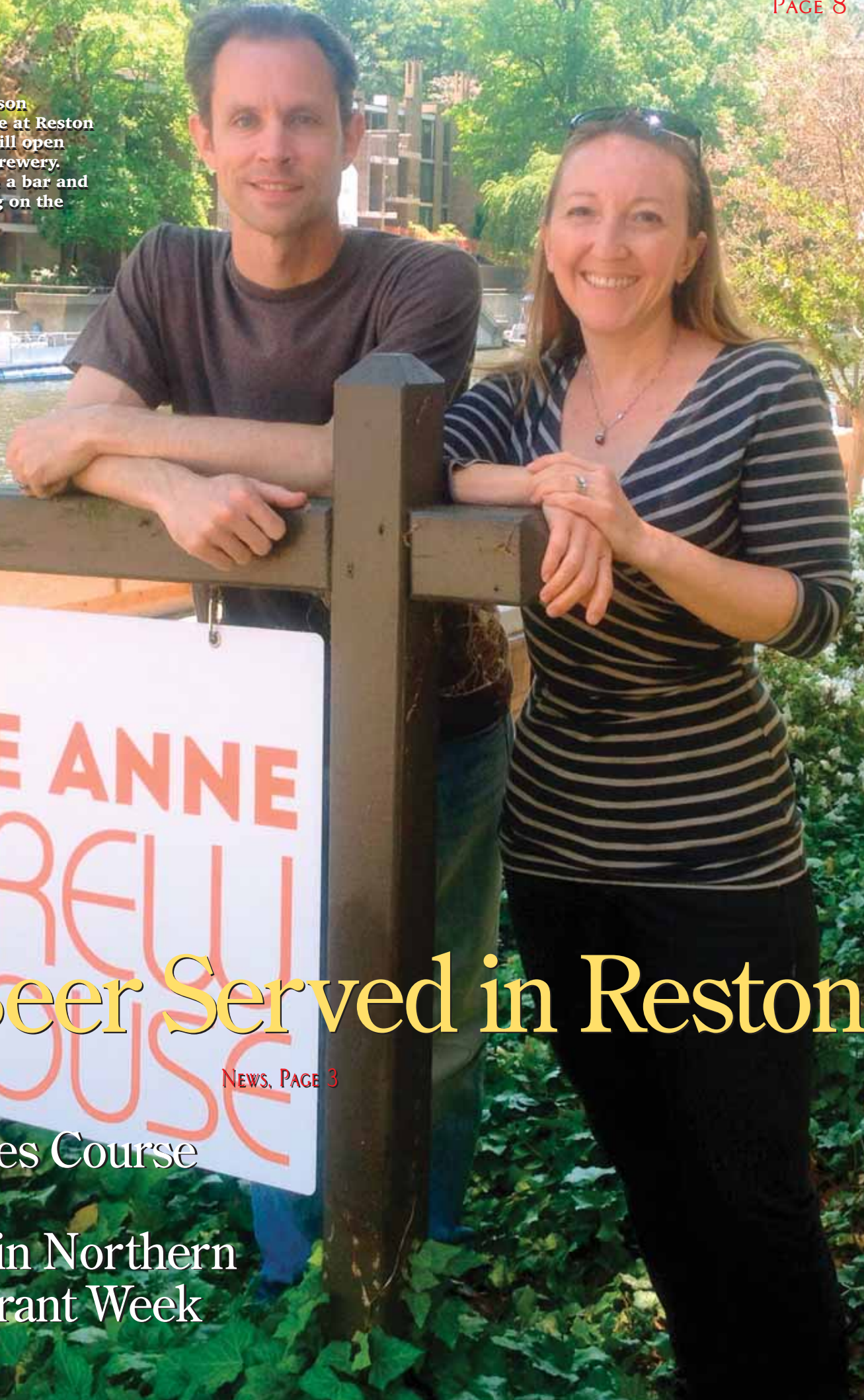


Reston residents Melissa and Jason Romano purchased a retail space at Reston Washington Plaza, where they will open Lake Anne Brew House, a nanobrewery. Lake Anne Brew House will have a bar and inside seating, as well as seating on the deck overlooking Lake Anne.



Local Beer Served in Reston

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56 Restaurants in Northern Virginia Restaurant Week

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



Local Beer Served in Reston

Thirsty for local beer in Northern Virginia? Try Reston.

BY RYAN DUNN
THE CONNECTION

Reston Town Center's World of Beer hosted interviews Wednesday, March 2 for its new program "Drink It Interns," where interns will use social media and writing skills to share beer stories they gather during their travels. With this program, three beer lovers will have the opportunity to spend a summer traveling and seeking the best craft beer and food courtesy of World of Beer (WOB).

Three judges for the event at Reston included Dogfish Head founder and president Sam Calagione, Reston's WOB general manager Jeremy Sundheimer, and USA Today technology writer Mike Snider. Approximately 20 people attended the interview session in Reston. The Reston WOB is one of several ground-floor tenants in The Avant, Boston Properties' luxury residential building across from Reston Town Square Park.

Applications are being accepted on World of Beer's website until March 26, and applicants can apply online by submitting video expressing their interest in the position. Reston was the first one of eight World of Beer locations to host in-person, open interviews. Many applicants were interested

in the opportunity to combine their interests of both travel and beer.

Dogfish Head founder Sam Calagione has another line in his job description. In 2005, Calagione published his first book, "Brewing Up a Business." Calagione's second book, "Extreme Brewing," was released in 2006. Sam Calagione explores the power of collaboration in his latest release, "Off-Centered Leadership." In the book, he shares information and tips for entrepreneurs and leaders in all industries. After the interview sessions, Calagione signed copies of his latest edition. Dogfish Head alehouse has locations in Fairfax and Falls Church, and supports local communities primarily through fundraising days in the restaurants. "It seems Dogfish Head always pushes the envelope in their beer, and I like that," said Jordan Silber, who attended the book signing.

Saturday, March 12, World of Beer will host the Award Ceremony for the Lucky Leprechaun 5K course.

Reston residents have enjoyed the craft beer wave that has hit the nation. "We have seen a desire for more craft beer in our area," said Mark Ingrao, president of the Reston Chamber of Commerce. "A lot of restaurants now are looking to put craft breweries with their restaurants, and other restaurants serving local food are complementing it with local beer and wine," said Ingrao. In the fall, Reston Town Center hosts an Oktoberfest event with craft beer.

Fairfax County has joined Loudoun County in the establishment of several

SEE LOCAL BEER, PAGE 5



PHOTO BY RYAN DUNN/THE CONNECTION

Interviews were held at Reston World of Beer at Reston Town Center for the new "Drink It Interns" program, where interns will use social media and writing skills to share beer stories they gather during their travels.

Reston residents Melissa and Jason Romano purchased a retail space at Reston Washington Plaza, where they will open Lake Anne Brew House, a nanobrewery.



PHOTO PROVIDED BY LAKE ANNE BREW HOUSE

RN Golf Changes Course

BY KEN MOORE
THE CONNECTION

Rescue Reston remains cautious, despite notification from Reston National Golf Course attorneys that it won't continue its appeal to the Virginia Supreme Court.

"We will take a breath to enjoy this victory while we watch for RN Golf's next move," Connie Hartke, president of Rescue Reston, said Monday, March 7.

Last Friday, March 4, RN Golf Club's attorney Scott D. Helsel wrote to the clerk of the Virginia Supreme Court to say it won't continue its legal appeal of Fairfax County Circuit Court decisions made in November. RN Golf's attorney had originally filed notice to appeal November's Fairfax County Circuit Court decision on Dec. 22, 2015.

"While RN Golf may choose to pursue available redevelopment options in the future, and thus this letter is not intended to waive any and all rights it may have to do so, I am writing to let you know that RN Golf has decided not to continue with its appeal in these cases," wrote Helsel.

CIRCUIT COURT JUDGE Michael F. Devine granted Fairfax County's motion for summary judgment, meaning the Circuit Court vacated and voided the April 15, 2015 county Board of Zoning Appeals (BZA) decision concerning the Reston National Golf Course.

The owners of Reston National Golf Course hope to build housing on the land in the future, but the county circuit court ruling will require them to go through the usual zoning process to do so.

"The circuit court ruling on Friday, Nov. 6, is considered a defeat for the owner of the golf course and is significant because any redevelopment of the course must now be preceded by the filing of specific plans with the county, which will then be compared with the 'Development Plans' approved in 1971," said John McBride, Reston Association's legal counsel. "These plans are in the county zoning files and clearly limit use of the land to a golf course, open space and driving range. Any change to these approved plans will require amendment approval by the Fairfax County Board of Supervisors. The golf course owner had sought to avoid this requirement for a plan amendment by seeking by-right use status for a

Rescue Reston remains cautious after RN Golf lays approach shot short of Supreme Court.

number of residential and other uses."

RN Golf claimed by-right development in the matter of the land use designation of Reston National Golf Course.

The County website describes by-right development as projects that are permitted under their current zoning and do not require any legislative action by the Board of Supervisors or the Board of Zoning Appeals. "They are approved administratively and do not require public hearings. Our Fairfax County Supervisors, Attorneys and Zoning Administrator adamantly disagree [that the golf course could be developed by-right]. Reston, like two other areas in Fairfax County, is a Planned Residential Community District which is unique and misunderstood by outside speculators," Hartke said in the fall.

Many expected RN Golf to fight last year's decision to the Virginia Supreme Court.

"IT IS NOT 'OVER,' but this aspect of RN Golf's legal option is done and this is a very good thing," Hartke said Monday.

Rescue Reston responded to RN Golf's decision to forego the appeal to the Virginia Supreme Court on its website: "Rescue Reston views today's action as a very posi-

tive moment in the fight to save the 166 acres of open, recreation space that is integral to Reston's vision as a Planned Residential Community."

By Monday, Hartke said, "The collaboration of three sets of land use attorneys (the petitioners, Reston Association and Fairfax County) gave us the winning strategy against the corporate giant, Northwestern Mutual, partial owner of RN Golf."

"Rescue Reston will continue to defend the recreational open space as clearly outlined in the Fairfax County Comprehensive Plan for Reston at Reston National Golf Course, a 166-acre Certified Audubon Cooperative Sanctuary Program Golf Course," she said.

"We are incredibly grateful for the actions of Reston residents, Rescue Reston members, Reston Association and Fairfax County and in awe of how the community stood together during this arduous process," she said. "Rescue Reston will provide updates soon regarding ongoing actions needed to remain vigilant in monitoring and continuing to protect this valuable Reston amenity," according to its website.

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COMMENTARY

Balancing the Budget

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

One of the responsibilities of the Governor of Virginia dictated by the State Constitution is to propose a budget for a biennium. With the governor being limited to one four-year term, the current scheduling of the two-year plan for state revenues and expenditures is awkward. A newly elected governor takes office inheriting a budget left by the preceding governor; likewise the final budget proposed by a governor is implemented by his or her successor. The mid-term budget takes on special significance as it is the only one proposed and implemented by a governor. The significance of this budget was clearly not lost on Governor McAuliffe. Of course, in all instances the budget must be approved by the General Assembly.

Both the House of Delegates and the Senate made amendments to Gov. McAuliffe's budget. In a ritual that happens each even-numbered year when the General Assembly meets in a "long" or 60-day session to consider the biennial budget, both houses have appointed conferees to work out the differences among the two houses and the governor. The conference report once approved by both houses and signed by the governor becomes the state's budget for the next two years beginning on July 1, 2016. For a comparison of the governor's, House and Senate budgets, go to <http://www.thecommonwealthinstitute.org/2016/02/24/key-budget-policy-choices/>.

With growth in the economy the budget proposed

by Gov. McAuliffe and approved by the General Assembly will, for the first time in history, exceed \$100 billion. While that number is huge in absolute terms, it is modest when Virginia, as the tenth wealthiest state in per capita income, is compared to other states. Virginia's state and local revenue as a percentage of personal income is 49th lowest among the states. The Commonwealth's per capita state general fund expenditures are in the middle of the other states at number 25 with \$2,168. The national average is \$2,496.

Specifics of the conference committee report will be announced this week, but already the general outlines of the budget are clear. Priority was given by the governor and by both houses of the legislature to increase funding for public schools. Localities will be receiving more for K-12 education that will move the state closer to its level of funding prior to the 2008 recession.

The net new dollars to Fairfax and other localities will help balance local budgets but will not resolve all funding needs in local schools.

The greatest disappointment in the budgetary process is the refusal on the part of the majority in the House and the Senate to approve Gov. McAuliffe's proposal to expand Medicaid in the state. The program expansion paid for by federal funds would have insured as many as 400,000 working poor people and would have freed up more than \$250 million in state dollars that could have been spent on meeting other needs. Budgets are always about making choices. Too bad we chose to pass up this opportunity.

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— Dr. Jennifer (PhD)

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CRIME

Reston Crime Reports

Notable incidents from the Fairfax County Police Blotter from Feb. 29 to March 4.

Missing Person: Detectives of the Major Crimes Division Cold Case Section are searching for a missing 18-year-old woman, Madison Short. Police responded to her home in the 11600 block of North Point Court, in Reston, on Saturday, March 5 around 8 a.m. for reports she wanted to harm herself. Short had left the home prior to the officer's arrival. Additional officers, K-9 and the police helicopter responded to search the area but she was not located.

Neither detectives nor family have been able to locate or contact her and are concerned for her welfare. A detention order has been issued for Short's immediate apprehension and return. Anyone who sees or has information on her whereabouts is asked to contact law enforcement immediately. Please use caution and do not approach her.

Short is described as white, 18 years old, about 5-feet-5-inches tall and 120 pounds. She has blue-tinted hair and blue eyes. She was last seen wearing black leggings and a multi-colored Mexican-style poncho. Short often travels by bus and frequents the Reston, Chantilly and Fair Oaks ar-

ea. Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Unlawful Entry - 12100 Sunset Hills Road, 11:07 p.m. The occupant of a hotel room reported that she was awoken by a noise from the window area. She saw a man's arm attempting to reach the door handle. The suspect was startled by the victim and fled the area.

Larcenies
2900 block of Franklin Oaks Drive, phone from business

9400 block of Vernon Drive, sunglasses and purse from vehicle

12000 block of Sunrise Valley Drive, door from vehicle

Stolen Vehicles
2100 block of San Moritz Circle, 2011 Toyota Camry
1700 block of Ascot Way, 1998 Cadillac Deville
11800 block of Spectrum Center, 2007 Lexus RX350

Local Beer

FROM PAGE 3

microbreweries including Aslin Beer Company in Herndon, Caboose Brewing Company in Vienna, and Forge Brew Works in Lorton. Reston residents Melissa and Jason Romano purchased a re-

tail space at Reston Washington Plaza, where they will open Lake Anne Brew House, a nanobrewery. Lake Anne Brew House will have a bar and inside seating, as well as seating on the deck overlooking Lake Anne.

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OPINION

Bringing Back the Electric Chair

In a word: Barbaric.

No doubt Virginia and Texas will be the last two states to continue with the death penalty until, inevitably, evolving standards of decency lead the U.S. Supreme Court to declare that the death penalty is unconstitutional.

But fear of loss has motivated the Virginia General Assembly to amend a law that allows prisoners facing execution to choose between lethal injection and the electric chair so that the electric chair is used if drugs for lethal injection are not available.

It's barbaric, and execution debacles with electrocution and unproven drugs for lethal injection could speed overall rejection of the death penalty.

Most representatives from our area voted against, but in the House of Delegates, which voted 62-33 for the electric chair, Dave Albo, Jim LeMunyon and Vivian Watts voted in favor; Tim Hugo didn't vote but registered that he intended to vote yes. (Voting no were Jennifer Boysko, David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam,

Paul Krizek, Mark Levine, Alfonso Lopez, Bob Marshall, Ken Plum, Mark Sickles, Marcus Simon and Rip Sullivan. Kathleen Murphy didn't vote but registered that she intended to vote no.)

The Virginia Senate voted for the electric chair 22-17. From our area, only Dick Saslaw voted in favor of the electric chair. Voting no were George Barker, Adam Ebbin, Barbara Favola, Janet Howell, Dave Marden, Chap Petersen, Scott Surovell and Jennifer Wexton.

Residents of the 35th Senate District could rightfully question whether they are getting the representation they expect from Senator Saslaw (D), who without doubt will continue to be reelected until he chooses to retire.

Saslaw voted for mandatory use of the electric chair if lethal injection drugs are not available, worked to kill legislation that would protect consumers from predatory lending and interest rates of more than 200 percent, and was chief patron of the notorious proffer bill, which, if signed by Gov. Terry McAuliffe as passed, will result in localities losing the ability to temper costs of development and likely property tax increases.

EDITORIAL

RA Elections More Civilized than Presidential Election

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

I watch the debates of both parties' presidential candidates and am fascinated, baffled and horrified. Fascination comes from never having seen anything like the Republican debates and a sense that Republicans are discussing another country or perhaps planet, while Dems are talking about the U.S. I'm baffled as to how anyone could listen to Trump or Cruz, then support them! Neither seems equipped to function in a democracy based on laws and recognition of the legitimacy of citizens in other parties.

Happily, today's topic is the election for Reston Association's Board of Directors. I know personally all but one of the 5 candidates running for the three open slots—Lake Anne/Tall Oaks, North Point and At-Large. All are civilized folks who work within the rules of our homeowner association. I can as-



INDEPENDENT PROGRESSIVE

sure you none of them will propose carpet bombing others, arming all of us, or barring people of other colors or religions from Reston. The issues they wrestle with, while not of the war vs. peace variety, are important ones for us. RA does a lot of things well, but key areas need improvement. Luckily, this field of candidates includes new blood with both energy and ideas for addressing festering problems such as a notable lack of transparency at RA—closed sessions are still used for discussions of topics like election information; planning land "swaps;" and major property acquisition. Conflict of interest concerns continue as RA has been lax in requiring Board members to file timely and complete disclosure forms, a simple and essential task, but sometimes tough for staff to

do when they are not backed by the CEO and the Board itself.

Budget planning and approval lack rigor and discipline. New activities are added routinely, but elimination of activities is rare. A dose of zero-based budgeting could flatten the rising assessment curve. Proposed budgets should be made public for discussion before they are set in concrete. Last year, North Point director Danielle La Rosa discovered an unanticipated surplus estimated at one to two-plus million dollars. In a flash, staff proposed additions, including permanent hires, to eat up the surplus. Ms. La Rosa proposed the excess go to reduce member assessments, but the Board approved two new full-time hires. Thus, assessments increased, *albeit* less than they would have without Ms. La Rosa's work.

Major issues confront Reston's future. For example, what major new development/redevelopment (perhaps doubling our population)

should be approved? How do we assure thousands of new residents who will burden community facilities—parks, pathways, pools, tennis courts, etc—pay a fair share for new capacity? Experience to date in the rail corridor is not good. RA cut a deal that will allow future condo owners at Wiehle Station to access services at deep discounts compared to what current members pay.

Two strong candidates—John Bowman running for the At-Large seat and Sherri Hebert unopposed for Lake Anne/Tall Oaks seat—are especially qualified and focused on the right issues: transparency and community engagement, bringing rigor to the budget process to save assessment dollars, managing new development consistent with Reston principles, and assuring that new residents pay their fair share. Mr. Bowman brings most relevant community experience—he was active in forging new Reston Master Plan—to go along with his 20 years in corporate development and technology management. Ms. Hebert earned community leader credits standing up to a developer (when RA was not interested) to press for a new Tall Oaks Village Center responsive to community needs. Ms. Hebert has management degrees and experience in both government and the nonprofit world.

Ballots were mailed to all March 7. Please vote online or by mail.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Protecting Arts Programs in Schools

To the Editor:
After reading the article, "Fairfax County: Parents, Community Supporters Rally to 'Invest in Kids'" by Tim Peterson (Connection, February 18-24), spending on public education is clearly becoming a huge concern. Being a former

student of Fairfax County, I remember how important programs related to the arts were to many students. Many students gained an interest in music beginning at an early age. Without the availability of the classes or the teachers, many young children may have

never discovered their hidden talents or interests in the field.

I strongly believe spending should not cut out the arts from public education, and students should continue to receive the same opportunities we did when we were in elementary school.

Roxana Jahanbani
Great Falls

Making Good Choices On Saint Patrick's Day

Washington Regional Alcohol Program (WRAP), will offer the 2016 St. Patty's Day SoberRide program, providing free cab rides to would-be drunk drivers throughout the Washington-metropolitan area next Thursday, March 17.

SoberRide will be available for 12 hours starting 4 p.m. on St. Patrick's Day and continuing until 4 a.m. on Friday, March 18 as a way to help keep local roads safe from impaired drivers during this traditionally high-risk holiday.

Make your own plans to celebrate safely by having a designated driver, celebrating where you can take public transportation or spend the night. But if those plans go awry, area residents celebrating with alcohol may call the toll-free SoberRide phone number 1-800-200-TAXI (8294) for a no-cost (up to a \$30 fare), safe way home. For more information, visit www.soberride.com.

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OPINION

Supervisor Hudgins on Proposed County Budget

“I remain committed to all our county residents and to our school system and would like to share the following information.

As you may know, the annual real estate tax is a combination of the Jan. 1 assessed property value and a real estate tax rate determined each year by the Fairfax County Board of Supervisors. This year Fairfax County property increased 1.2 percent over last year’s assessed values. In Hunter Mill District, as a whole, property values do better than the county average; our increase was 1.6 percent.

On March 1 2016, at the General Meeting of the Board of Supervisors, the Board voted to advertise a maximum Real Estate Rate of \$1.13 per \$100 of assessed value of property. This is an increase of \$0.04 from the previous year.

As in past budget cycles, the Board of Supervisors tried to set the Real Estate Tax Rate at a level sufficient to fund the service needs of the county, which includes the needs of Fairfax County Public Schools. Before casting my vote on the rate to be advertised, I heavily considered the impact on all the real estate taxpayers.

In the FY 2017 budget, the County Executive recommended a three percent increase in the funds transferred to the school system.

It was, and remains, my belief that our school system requires additional support, and we must have a serious conversation about those needs, the county’s needs, and the ability of our residents to support our collective needs.

A word of explanation: In this budget, each penny in the Real Estate Tax rate produces approximately

\$23 million in revenue. Therefore, the Board approved advertised rate of \$0.04 higher at \$1.13 will raise the average homeowner’s tax bill \$303.86 over last year’s tax bill.

As a taxpayer and supervisor, I recognize and share concerns regarding the increase to our tax assessment. I hope you share my concern in the limited taxing authority Fairfax County has compared to Virginia’s cities and towns, and the Board of Supervisors inability to diversify our revenue streams. In order to alleviate some of the burden from our homeowners, we must minimize overdependence on the Real Estate Tax revenue. Therefore, at March 1 Board meeting, on my motion, the Board directed county staff to provide the following information regarding a Meal Tax:

- a. An updated report from the 2014 “Meals Tax in Fairfax County Task Force;”
- b. A timeline of implementation of the meal tax for the restaurant industry should a meals tax referendum be successful;
- c. An explanation of the cost relating to implementation to help the industry prepare for implementation should a meals tax referendum be successful; and
- d. An implementation timeline for the Board of Supervisors and steps necessary to be in compliance for a November 8, 2016 voters referendum.

Again, I remain committed to our county residents and to our school system.”

Supervisor Catherine M. Hudgins
(D-Hunter Mill)

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HomeLifeStyle

Buying or Selling?

BY ANDREA WORKER
THE CONNECTION

Here we are, once again right on the heels of the Spring-Summer real estate season when it seems like “For Sale” signs become the most common lawn ornament or condo window decoration. Television shows like “House Hunters,” “Property Brothers,” “Love it or List It,” and their like make the process of buying or selling a property seem mostly a breeze, filled with afternoons sipping cocktails at the Tiki Bar while you make one of the most important decisions of your life. Selling, and certainly buying a new home should be an occasion for celebration, but you might not be doing too much of that unless you understand the basics of either process and have them well under control.

With help from some knowledgeable sources like the Northern Virginia Association of Realtors (NVAR), the National Association of Realtors (NAR) and some respected local experts, here’s a bit of a primer on buying or selling a property. We’re going for the basics here with a few comments about our local market. We will give you some resources for more information before we sign off. Ready? Here we go!

Let’s start with our sellers, since for the most part, they have the most work to do to get the job done. First question. Use an agent or go it alone? You may think only saving the real estate agent fees is the basis for the answer, but if you decide to be your own agent, be sure you have done the homework on legal and regulatory requirements, and be prepared for the paperwork. Sadly, one misstep here could be pretty costly and there goes those potential savings.

And are you ready to be your own marketer and be available night and day and weekends to show your property? Another thought...many potential buyers are not comfortable dealing directly, especially during negotiations, with the homeowner and would prefer the buffer of a trustworthy agent that they can really share their thoughts with. Statistics have also shown that properties for sale by owner more often receive lower initial offers, since the buyer might mistakenly believe that the seller is in a more difficult financial situation and may accept a lower-than-market



PHOTO BY ANDREA WORKER

What’s wrong with this picture? It’s a gorgeous kitchen, but real estate agents will tell you that the green plastic cup, the dishwashing soap and the drainboard should all vanish from the selling photos of your house, and certainly during any showings.

value offer.

Let’s assume that you are working with an agent. Hopefully, you asked all the right questions before signing an agreement to sell. Don’t be shy. It’s okay to “interview” several agents and ask for references. Ask to make contact with their last two or three clients – not just the ones that they offer up as testimonials. What’s their typical “Days on Market” and how do their times compare to others. And a biggie – what’s the average variation between the initial listing price and the final sales price? The answer here may spare you some disappointments and provide some indication about your real estate agent’s skills at pricing your property and negotiation the best price.

Now what? Put on your thickest skin, open your wallet just a tad, listen to that agent, and before you even have that first showing:

Be realistic about your asking price. “Don’t be too aggressive,” cautioned real estate agent Jennifer Boyce of Long and Foster in Burke. Anita Lasansky, CRB, managing broker-vice president Long and Foster Reston North Hills-Herndon, agrees with that advice, and adds that sellers around the Wiehle Metro station in Reston shouldn’t expect a big bump in sales price just because of Metro’s arrival. Lasansky has seen sellers factor in 5-10 percent increases on that basis, but “it just hasn’t had that effect,” she said. Getting a pre-appraisal or advice from a lender can help in setting the best realistic sales price, since

A primer for doing either and avoiding pitfalls.

consider the smallest space at a storage facility for the the extra boxes, furniture, gadgets and whatnots while your property is on the market.

First impressions. That means check out curb appeal, from the condition of lawn and landscape to the front entryway. Trim those bushes. Edge that grass. Put down some new mulch, and clean up those oil spots on the driveway. Inside might await an affordable Taj Mahal, but if your buyers won’t cross the threshold because of what they see on the outside... Even adding a pot of bright flowers, a seasonal wreath, and maybe a new doormat can help.

Photos. Unless you are one gifted photographer, let the professionals handle this one. Most buyers today do their scouting online. Lots of quality photos attract the most visitors. Equally, photos that don’t show off each room to advantage, or contain pests wandering by, the piled-high laundry basket, or a reflection of the photographer can put your property on the “don’t want to see that one” list.

❖ Do the “Sniff Test.” This one is critical for homes with pets or smokers. Again, put on your thick skin armour. Refrigerators, garbage disposals, trash cans and carpets can be odoriferous stumbling blocks to a good showing. Give your home a thorough airing out before show time, especially in the kitchen.

❖ **Stage it** – Consider a professional “stager” or at least give each space a neutral, de-cluttered living “story” that helps buyers visualize themselves right at home. To highlight upgrades or bring attention to items/features in a room, you might add an attractive picture frame with a few well written and formatted sentences on classy writing paper. Of course, a little light music and a plate of yummy cookies make everyone feel welcome.

❖ **Put away small valuables, jewelry and medications.**

❖ **Don’t hang around** – and take Fido or Fifi with you if possible. If not, confine pets to crates or one room and be sure to warn agents in advance. Be sure you have left contact information in case of questions or issues.

❖ **Make your property accessible** – Selling a home is often a numbers game. As disruptive as it can be, the more people who look, the better chance of a sale.

Good Advice:

“I let sellers know that they need to expect that some of their privacy will be compromised...their home needs to be in showing condition every day before they leave, clean kitchen, beds made, everything put away, pets secured and comfortable, and that the home smells clean and fresh. I always suggest they visit model homes to see examples of what buyers fall in love with and why.”

– Megan Bailey, Bailey Fine Properties, Megan@baileyfineproperties.com

“Some of my absolutes ... for buyers, please be careful what you say. There could be a recording device in the house. Not unusual anymore with today’s security technology. For example, don’t look at pictures and say that their children look creepy. Yes, I have had this happen, but luckily it wasn’t recorded. Sellers, put away medications and jewelry. It’s rare, but prescription drugs are the number one item that ‘goes missing’ during open houses or showings.”

– Smita Lal, Long and Foster Reston North Hills-Herndon

FOR BUYERS. Just as with the sellers, buyers should shop around for a trusted real estate partner. Again, ask those questions, get those referrals and be sure that your agent understands your needs and expectations and that you understand the process as they describe it.

The best starting place is making sure that you know what you are looking for. Single family house with an enormous backyard or a “zero lot?” A condo in an urban setting with Metro access, or a more resort feel with access to walking/biking trails or other amenities? The National Association of Realtors suggests developing a “Home/Neighborhood Wish List,” prioritizing from “must have” to “it would be nice if ...” and reviewing the list after a few viewings to see if your thoughts have changed.

Some of the basics as advised by the NVAR and NAR and some of their area experts:

❖ **Get pre-qualified.** Better yet, get pre-approved by a lender before you start looking. In many markets within Northern Virginia, buyers still out number inventory, so pre-approval can help set your offer apart. Megan Bailey of Bailey Fine Properties says “Buyers must be pre-approved before going out to look at homes with me. It’s important to know that they feel comfortable ... by having the lender provide them with a “Good Faith Estimate” to break down the costs and to make sure the lender can finance the home. Taking someone to look at homes out of their price range ... sets the client up for disappointment.”

❖ **Think about resale.** This may sound counter intuitive at this point, but especially for first-time buyers with an average of 10 years in the home, it’s good to think ahead and consider what the area and the home might be like when it’s time to move on.

❖ **Keep repair, maintenance and running costs in mind.** Even a brand-new home may require some work or customizing to suit your lifestyle, so consider those costs. You may have the approval for that attractive

“Recently had a listing that needed a bit of updating. The seller was fine with spending some money to get their home in selling condition, but balked at my suggestion to replace the fluorescent lighting in the kitchen. Four months later, the seller finally agreed to spend the \$1000 to replace the light. We ratified a contract 5 days after the work was done. Moral of the story: If you are hiring a pro to help you buy or sell a home, listen to their advice. They do this for a living, not once every 5 – 10 years. By the way, lighting is super important. Current and bright, please.”

– Andy Krumholz, Keller Williams Realty, Utopian Homes

“I always tell my sellers, ‘To be clear, I will give you a list of customized items to prepare your home. It will be in order of importance. You may not agree with the list, and I understand that, but I assure you, the more you complete, the fewer days on the market, and of course at the right price.’ So far I haven’t missed.”

– Lisa Carlisle, Long and Foster Reston North Hills-Herndon

“McMansion” but are you prepared for the electric bills, mowing that acre, and the property taxes on top of the monthly mortgage? Ask the seller for details on utility costs and other maintenance that the property requires, i.e. pool upkeep.

❖ **Don’t go “house-blind.”** When you are so taken with the house that you might ignore factors that will ultimately make for a poor buying decision. Visit the property several times, inside and out, at various times of the day and on different days of the week to get a real feel for the neighbor-

hood.

❖ **Research.** Your agent can direct you to resources where you can check out local schools. Even if you don’t have school-aged children, it’s something to think about for re-sale — or any kids you may be adding to the family.

“A properly priced property in good condition is still the fastest mover,” are the words to the wise from Anita Lasansky CRB, managing broker-VP Long and Foster Reston North Hills-Herndon with her more than forty years of local experience.

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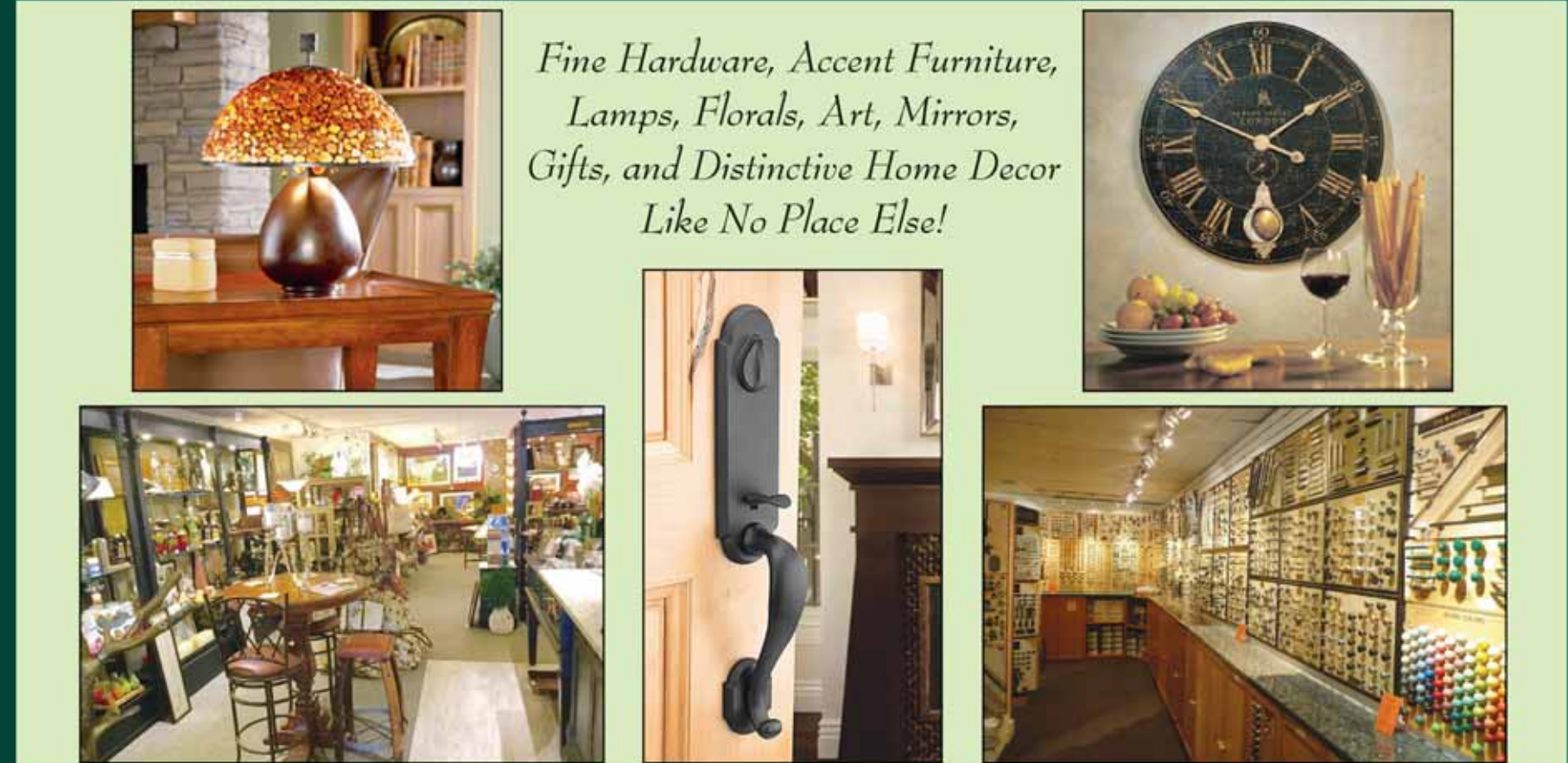
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Oakton junior Delaney Connolly finished with 15 points against Woodbridge on Saturday.



Maddie Royle and the Oakton girls' basketball team advanced to the state semifinals for the second straight year.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Herndon guard Indeya Sanders, seen during the 6A North region tournament, scored her 1,000th career point during the Hornets' win over Woodside on Friday.

Hot Start Propels Oakton to State Semifinals

Cougars open with 20-2 run against Woodbridge.

BY JON ROETMAN
THE CONNECTION

With the Oakton girls' basketball team having secured a return trip to the state final four, head coach Fred Priester explained what the Cougars learned from last year's semifinal loss to Bethel that could help during this season's quest for a state championship.

"Last time, I don't want to say we came out timid, but Bethel dropped about five 3-pointers on us in the first minute-and-a-half," Priester said, "and we were playing scramble ball the rest of the time."

Judging by Oakton's performance against Woodbridge in the state quarterfinals, the Cougars have a firm grasp on what it takes to start a game in non-timid fashion.

Oakton, the 6A North region champion, opened Saturday's contest with a 20-2 run and defeated 6A South No. 4 seed Woodbridge 70-47 at Robinson Secondary School. The Cougars remained undefeated and advanced to the state semifinals, where they faced



Oakton senior Alex Marquis scored 12 points during the Cougars' state quarterfinal victory over Woodbridge on Saturday.

Langley on Tuesday, after The Connection's deadline.

After a pair of Woodbridge free throws cut the Oakton lead to 6-2 with 5:29 left in the opening quarter, the Cougars scored 14 straight points, including a pair of 3-pointers by Maddie Royle. Oakton ended the first quarter with a 23-5 advantage and extended the lead to 27-5 with buckets by Alex Marquis and Delaney Connolly early in the second quarter.

A Connolly 3-pointer gave Oakton a 34-14 halftime advantage and the Cougars led by as many as 27 points in the second half.

"We come out with a really high intensity every single game — a lot of energy," Connolly said. "We push the ball hard. We kind of ad-

just our speed depending on the team that we're playing and all of us know our roles so we come out knowing what we have to do to score points."

Marquis said the Cougars weren't taking Woodbridge lightly after Herndon, the 6A North region's No. 4 seed, upset 6A South champion Woodside the previous night.

"We knew that Herndon came out and beat the No. 1 ranked team of their region," Marquis said, "so we knew that anything could happen and we knew that we were going to have to come out strong and just play our game and we couldn't take anything for granted."

Royle led Oakton with 21 points, including 11 during the Cougars' dominant first quarter, and grabbed eight rebounds. Connolly finished with 15 points and nine rebounds. Kailyn Fee scored 14 points and knocked down four 3-pointers, and Marquis added 12 points.

Oakton finished with eight 3-pointers.

With so many scoring options, how does Priester decide who gets the ball?

"It's not a seamless process, I will tell you," the Oakton head coach said. "We have certain rules for certain people, but the fact of the matter is, if someone hits one, let's get them the ball again as quickly as possible. ... I always have had a rule for as long as I've been

Herndon Girls' Basketball Wins Program's First State Game

The Herndon girls' basketball team made its first-ever state tournament game a memorable one.

Herndon, the 6A North region's No. 4 seed, upset 6A South champion Woodside 53-41 on Friday during the state quarterfinals at VCU in Richmond.

The Hornets advanced to the semifinals, where they faced two-time defending state champion Cosby on Tuesday, after The Connection's deadline.

Herndon, the Conference 5 runner-up, earned a state berth by beating Conference 8 champion Battlefield 50-48 in the region semifinals on Feb. 24. The Hornets then lost to Fairfax in the semifinals on Feb. 26 and Langley in the third-place game on Feb. 27.

Despite the low seed, head coach Cornelius Snead said the

Hornets can play with any team.

"As far as being the No. 4 seed, we didn't play well against Fairfax, and against Langley, they just made a few more plays than us down the stretch," Snead wrote in an email. "Nevertheless, we are in the state tournament and all we needed was an opportunity we feel we can beat anyone on any given night." Indeya Sanders led Herndon with 22 points. The junior guard reached 1,000 points for her career.

"We got great contributions from Sabrina Tolbert, Maureen Curran, Shawnice Gresham, Devyne Newman and Janiece Loney," Snead wrote, "but [it was an] all-around great team effort."

The win improved Herndon's record to 21-7.

—JON ROETMAN

coaching, especially when you have shooters: I'll tell you when to stop shooting."

Oakton improved to 29-0 with the win over Woodbridge. It was the Cougars' 55th victory in their last 56 games dating back to December of 2014, including a pair of Conference 5 and 6A North region championships. Oakton's only defeat during that stretch was the 73-63 loss to Bethel in the 2015 state semifinals.

Despite falling behind 17-4 in the first quarter, the Cougars had

a chance to tie or take the lead in the fourth quarter.

"Last year was [our] first time ... going to the state tournament," Marquis said about the players on the 2015-16 Oakton roster, "so I think now that we've been there, we know what it's like and we know how it feels to lose in the semifinals and none of us want that to happen again, so we'll be ready."

Oakton's last state championship came in 2012, when the Cougars finished 31-0.

NEWS

Barking Up the Wrong Tree?

Reston Association to hear Longwood Grove community's problems with barking dogs.

BY KEN MOORE
THE CONNECTION

More than 80 people from Longwood Grove wrote Reston Association to ask for help with "nuisance barking" coming from Baron Cameron Dog Park.

"While this facility sits on county-owned land, the proximity to Reston Association homeowners is unacceptable to Longwood Grove residents and should be unacceptable to this board," Moira Callaghan told the Reston Association Board, at its monthly meeting on Thursday, Feb. 25.

Callaghan, who gave a 10-minute presentation to the board on behalf of the neighbors, asked for assistance in relocating the dog park.

"The negative impact of this park feature on our neighborhood is severe. The barking has created years of ongoing stress: the noise disrupts sleep, and invades the peace and quiet of homes throughout the day," she said.

The Reston Association invited Longwood Grove residents and all those who signed the letter back on March 24, so the Board can address the issue of operations of the Baron Cameron Dog Park.

Reston Association's Board president Ellen Graves said the number of homeowners affected and who wrote the Association met the threshold the Board needed to investigate and respond.

"I look forward to learning more," said Graves.

Other groups will be invited, including users of the dog park.

CALLAGHAN PREPARED a timeline of the Baron Cameron Dog Park's history, which she will have the opportunity to expand upon in late March.

"This facility was installed without Planning Commission approval," she said.

The recently revised noise ordinance prohibits "barking, howling, meowing, squawking or quacking animals between 10 p.m. and 7 a.m. when it can be heard inside a home with its doors and windows closed, or if these sounds can be heard between 7 a.m. and 10 p.m. for more than five minutes consecutively or non-consecutively during a 10-minute period." However, "no provisions of this Chapter shall apply," according to the ordinance, "to the use of dog parks between 7 a.m. and dusk Monday through Friday, or between 8 a.m. and dusk on Saturday, Sunday and Federal holidays."

"Nuisance noise should not be permitted nor tolerated, especially in a community so thoughtfully planned," said Callaghan.

She said many members of Longwood Grove are dog owners.

"We do not oppose dog parks. We advocate for their responsible placement and management," said Callaghan.

"It is not peaceful to garden or have a meal on your porch and hear 90 minutes or more of incessant barking. It is not healthy to have your sleep disrupted by barking dogs. One should not dread sunny, warm weather because they know it means they will not be able to fully enjoy their home and property," she said.

WEEK IN RESTON

History Series Presents 'Cartography of Northern Virginia'

As part of the monthly history series, the Reston Historic Trust and Museum presents "The Cartography of Northern Virginia" on Thursday, March 10, 7 p.m. at the Jo Ann Rose Gallery in the Reston Community Center Lake Anne. Come learn about early settlements and roads in the area and how the Northern Virginia region took shape from 1608 to the mid-nineteenth century.

The speaker for the evening will be Shelley Mastran, who holds a Ph.D in Geography.

No reservations or tickets are needed for this event.

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Reston Association's 2016 Open House

FOR NEW MEMBERS AND LONG TIME RESIDENTS

Thursday, March 31
6:30–8:30 p.m.
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Please RSVP to member_services@reston.org
or call 703-435-6530.



CALENDAR

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

THURSDAY/MARCH 10

Landscaping and Composting Workshop. 6:30-8 p.m. 12001 Sunrise Valley Drive Conference Center, Reston. Join Reston Association and Landscaping experts for an informative workshop on tree care, landscaping tips, composting and more. Light refreshments. RSVP at covenantworkshop@reston.org.

The Cartography of Northern Virginia. 7-9 p.m. Jo Ann Rose Gallery, Reston Community Center, 2310 Colts Neck Road, Reston. Learn about early settlements and roads in our area and how the Northern Virginia region took shape from 1608 to the mid-nineteenth century. Shelley Mastran, who holds a Ph.D. in Geography, presents. Free. 703-709-7700.

SATURDAY/MARCH 12

Bulldog Kissing Booth. 10 a.m.-4 p.m. PetMAC, 11412 Washington Plaza West, Reston. On the Rebound Bulldog Rescue Foundation will be bringing their very popular BULLDOG Kissing Booth, staffed with

lovable bulldogs decked out in their St. Paddy's Day finest, to give kisses for dollars! All money raised at the kissing booth will support Bulldog Rescue. 571-325-2099.

13th Annual Kids' Trout Fishing Derby. 8 a.m.-noon. Herndon Police Station, 397 Herndon Parkway, Herndon. At the Sugarland Run Trail Stream. Trout Unlimited will be on site to help clean and store your catch. Teens and adults, age 16 & up, must have a valid Virginia State Fishing License to fish. herndonva.gov. 703-435-6800 ext. 2109.

Winter Night-Time Campfire. 6:30 a.m. Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Discover the night sky through hands on activities and storytelling. Families can come early and picnic or toast hotdogs. Bring a toasting stick, blanket and flashlight. Smores provided. Children must be accompanied by a registered adult. \$8, \$10. <http://www.fairfaxcounty.gov/parks/lakefairfax/>.

Lucky Leprechaun 5K. 8:30 a.m. Reston Town Center, 11911 Democracy Drive, Reston. Run like you've got the luck of the Irish on your side. Enjoy a fun-filled celebration at the finish line. <http://www.prraces.com/luckyleprechaun/>.

Wine Tasting. 3-5 p.m. Il Fornaio, 11990 Market St. #106, Reston. Sample ten wines and enjoy an

appetizer or pizza of your choice. \$35. Tax and gratuity not included. Reservations at 703-437-5544. banquets.reston@ilfo.com.

SUNDAY/MARCH 13

Choral Splendor II: Music for Grand Organ and Chorus. 4 p.m. Saint Luke Church, 7001 Georgetown Pike, McLean. Reston Chorale presents an afternoon of music for grand organ and chorus, featuring Organists Paul Skevington and Tordis Fahringer performing Charles-Marie Widor's magnificent Mass for two choirs and two organs. The concert will also include works by Dupré, Messiaen and Sweelinck. \$25-\$30. www.restonchorale.org.

NoVa Mini Maker Faire. 11 a.m.-5 p.m. Langston Hughes Middle School, 11401 Ridge Heights Road, Reston. South Lakes High School, 11400 South Lakes Drive, Reston. Collection of Northern Virginia tech enthusiasts, engineers, woodworkers, artists, and craftspeople. Opportunity for kids to learn to make things. <http://makerfairenova.com/>.

Reston Community Orchestra Concert. 4 p.m. United Christian Parish of Reston, 11508 North Shore Drive, Reston. Piano? Organ? Why Choose? Join in the inspiring sanctuary of Reston's United

SEE CALENDAR, PAGE 13



PHOTOS CONTRIBUTED

Some 56 restaurants are participating in Northern Virginia's Restaurant Week from March 7 to 14.

56 Restaurants in Northern Virginia Restaurant Week

BY ALEXANDRA GREELEY
THE CONNECTION

From March 7 to 14, the third Northern Virginia Restaurant Week (NOVA Restaurant Week) will showcase many local eating establishments. Some 56 restaurants are expected to participate.

"Created four years ago by the Greater Reston Chamber of Commerce as an initiative of its Restaurant and Hospitality committee, Northern Virginia Restaurant Week was originally intended to support its Restaurant and Hospitality members by providing a venue for them to showcase their cuisine," said Reston Chambers CEO, Mark Ingrao. "This also satisfies one of the Chamber's four cornerstones, which is to promote business development and to offer our members and community marketing opportunities to promote their business. Northern Virginia Restaurant Week is one of the major events available to our Restaurant and Hospitality Fairfax community that celebrates eating out and building community," Ingrao said.

"In 2015, it was a very successful public relations campaign," said Lisa Nicholls, board member and president of Tira! Strategies, "which helped us to get a number of restaurants to participate again. It was such a success that Ingrao started to partner with other chambers."

Part of the challenge of this event, said Nicholls, has been connecting with local restaurants. "I reach out and call restaurants and let them know what is happening," she said. "Our Restaurant and Hospitality committee has been a big driver of this event. A number of members of the Chamber have restaurants or do business with restaurants. We organized a phone campaign and they talked about their experience



Northern Virginia Restaurant week is from March 7 to 14.

with NOVA Restaurant Week. The phone conversations help to encourage new restaurants to join Northern Virginia Restaurant Week."

"As it has happened, both restaurant owners and chefs are eager to participate, because the Greater Reston Chamber of Commerce serves as a go to place for our Restaurant and Hospitality businesses to engage with the community," said Ingrao.

Chef Adam Stein, at the newly opened Red's Table in Reston, looks forward with great enthusiasm for the NOVA Restaurant Week. A frequent participant as a chef in restaurant weeks in Ohio, Rhode Island, and Washington, D.C., Stein has a unique plan—he is offering the entire menu at a discounted price, not just a few select dishes as other restaurants do. "Since we are brand new, offering the entire menu in its actual size portion, patrons have a much better experience," he said. "Since people get smaller portions from a limited menu elsewhere, Red's Table is raising the bar. The spirit of NOVA Restaurant Week is to get more people indoors and to benefit the consumer," Stein continues.

WUSA9's Great Day Washington will feature a restaurant per day from Arlington, Fairfax, Loudoun and Prince William counties during NOVA Restaurant Week. For more information, visit the NOVA Restaurant Week at www.novarestaurantweek.com.

Reston GRACE Celebrates Youth Art Month

Art exhibits at Reston gallery dedicated to the area's youth.

BY RYAN DUNN
THE CONNECTION

The GRACE Art gallery at Reston Town Center has an exhibit featuring works from students from schools participating in the Center's signature art education program, GRACE Art. More than 40 area schools participate in this program, in which classroom volunteers deliver an interactive art history lesson with visuals followed by hands-on art project designed to reinforce the lesson. Student projects from participating schools are presented at the GRACE gallery, promoting the impact of this important visual art literacy program. A well attended reception was held Feb. 27.

The GRACE Art Program has deep roots in the Reston community and was established in 1976. "This is a great evening for the Greater Reston Arts Center because we get to meet so many of the student artists who participate in the GRACE Art program at their schools. The young artists and their parents are so proud to see their work in the gallery. The families love all of the interactive art activities provided in the gallery during the exhibition," said John M. Adams, Director of Education at GRACE.

The artwork in the exhibit was



PHOTO BY RYAN DUNN/THE CONNECTION

A reception was held Feb. 27 at Reston GRACE gallery. The nonprofit has been described as a jewel in Reston's cultural tapestry, and provides a year-round program of art exhibitions, lectures, Children's Workshops, a Children's Summer Art Program, and the Northern Virginia Fine Arts Festival.

inspired by twelve portfolios presented in the schools this year, including: Frida Kahlo, Patrick Dougherty, Romare Bearden, Michelangelo, Keith Haring, Claude Monet, Joan Miro, Alexander Calder, Diego Rivera, and more. Participating schools in this exhibit include Academy of Christian Education, Al Fatih Academy, Aldrin Elementary School, Armstrong Elementary School, The Boyd School: Reston, Forest Edge Elementary School, Ravensworth Elementary School, Waples Mill Elementary School, and Willow Springs Elementary School.

The next exhibit EMERGING VISIONS: CONTEMPLATING COMMUNITY will open March 15 - April 9, with a reception on March 18, 6 p.m.-8 p.m. The

Emerging Visions program offers Fairfax County high school students the opportunity to work with the Greater Reston Arts Center's curatorial staff to create artworks that will be exhibited in the gallery.

This year Emerging Visions is dedicated to the legacy of Robert E. Simon, his vision for his New Town, its founding principles, and what it means to live in a planned, open community. Students in this exhibit attend Herndon High School, Oakton High School, and Reston South Lakes High School.

GRACE provides a year-round program of contemporary visual art exhibitions, education programs for all ages, and special events. GRACE is located at 12001 Market St #103, Reston. For more information, go to restonarts.org.

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CALENDAR

FROM PAGE 12

Christian Parish and be inspired by these keyboard masterworks. Free.
www.restoncommunityorchestra.org.
571-449-7095.

WEDNESDAY/MARCH 17

Classic Cinema Series. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Join for a quirky Irish comedy to kick off your St. Patrick's Day celebration. Call library for title. Adults. 703-689-2700.

FRIDAY/MARCH 18

Emerging Visions: Contemplating Community Reception. 6-8 p.m. Greater Reston Arts Center, 12001 Market St., 103, Reston. Opening reception to celebrate Youth Art Month exhibit. Free.
www.restonarts.org. 703-471-9242.

SATURDAY/MARCH 19

Victor Haskins. 7-9 p.m. ArtSpace Herndon, 750 Center St. Herndon. Trumpet and electronic wind instrument player, composer/arranger, bandleader, and educator. Originator of ImproviStory, a genre/concept of music where storytelling drives the creation of improvised music, all derived from audience suggestion and interaction. \$10-\$15. ArtSpaceHerndon.org. 703-956-6590.

Aqua Egg Hunt. 1:30-4:20 p.m. Herndon Community Center, 814 Ferndale Ave., Herndon. Children will collect as many floating and sinking eggs as possible in the time allowed. \$10 for one child and one parent. Check for age group times. herndon-va.gov. 703-435-6800 ext. 2128.

Nancy Lasater joins the Reston Art Gallery and Studios cooperative. Her works can be seen in the Group Show on exhibit from March 3-31 at the Reston Art Gallery and Studios.

PHOTO CONTRIBUTED



www.prraces.com/runforhaiti/.

SUNDAY/MARCH 20

Run for Haiti 5K. 9 a.m. South Lakes High School, 11400 South Lakes Drive, Reston. Use your love of running to help a mother, a child, a family — live a better life. Run the 5k or the 1 Mile and you'll provide monetary aid to Project Haiti and GHATES (Global Haitian Advancement Through Education & Sports). Run on track. http://

TUESDAY/MARCH 22

Folk Club of Reston-Herndon. 7:15 p.m. Amphora Diner Deluxe, 1151 Elden St., Herndon. Mid-Atlantic Song Contest winners Letitia VanSant and Woody Lissauer perform. \$9/\$10. 703-435-2402. jamesue@aol.com. restonherndonfolkclub.com.

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10:25 a.m. Sunday School Grades 3 to 6
Music 4 years to 2nd grade
11:15 a.m. Holy Eucharist, Rite II
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3/23/2016... Spring Fun, Food, Arts & Entertainment
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Easter Sunday is March 27

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MONDAY NOON

And It's Just So Happening Now



By KENNETH B. LOURIE

The day after my seven-year anniversary. And not that I want to stop recounting the years since February 27, 2009 – years for which I am most proud to have survived – and thrived even, I must look forward because it's the future that lies ahead, not the past. Medicine, science and nutrition are particularly evolving disciplines with revelations, discoveries and life-changing/life-saving/life-affirming research in the offing. Nevertheless, having beaten my original, extremely discouraging, life-expectancy odds/prognosis: "13 months to two years," (received at age 54 and a half no less), doesn't mean that I can rest on my unexpected and certainly unpredicted survival. I wish the past was indeed prologue but we're discussing cancer here; I'm more afraid the past may simply be a prelude and that my epilogue may suffer the consequences.

But not to worry. I'm not weakening in my resolve, just being realistic and honest. Cancer is not the preferred diagnosis when one is planning one's future. Even so, rates of survival seem to rise every day now, and research studies, clinical trials (and tribulations) and non-Western alternatives, assure that presently, if not in the very near future, great promise exists that many more of us afflicted with this terrible disease can begin/return to live relatively normal lives, making cancer more of a chronic, treatable/manageable-type condition rather than what it is now, in many cases (not all, of course): a terminal one, or at least one with an abbreviated life expectancy.

Still, I'm not counting on any magic pill to cure what ails me. This whole cancer thing is my responsibility. I must do all I can to keep my own house in order. Relying, depending or anticipating even that some opportunity will present itself to rid me of my cancer cannot be my plan "A." Plan "C" maybe? As such, in the interim, I must steady on and stay the course and try to remain open to new and different strategies, all the while attempting to find calm in the midst of a very distressing set of circumstances.

And diagnosis-to-date, I think I've done a pretty good job of bearing the unbearable. Not that I had any training or experience in such endeavors (I had a relatively easy childhood in a middle-class home, with two loving parents, and minimal sickness and/or loss with which to contend). Nevertheless, through DNA or a nurturing environment or thousands of years of evolution, it turns out I'm made of sterner stuff than I might have imagined. As an effect, or so it seems, I have endured my challenges with aplomb and good humor; and if ever there were a situation that called for it, receiving a terminal diagnosis at age 54-plus would certainly qualify.

But just like, at a fairly young age, crying over spilled milk doesn't change the facts, neither does bemoaning the facts of a malignant diagnosis – in whatever alternative state you get to: denial and/or drink or disillusion, change anything. It may blur your reality, but the reality is: this particular problem is likely not going away, and the sooner you buck up and gain control, the sooner you can get on with your life.

Granted, you have to allow for the shock of the diagnosis/prognosis to permeate your brain, almost like osmosis, and it definitely won't happen overnight, that's for sure. Probably it will happen when you experience your first chemotherapy infusion/radiation treatment. That's when you'll know you're not in Kansas anymore – unless you're actually in Kansas. And when symptoms and hair loss occur, you'll be one-hundred-percent convinced that you've officially entered your own "twilight zone."

And that's what this anniversary part two column has been about: moving forward somehow. Whether staying the course or changing protocols/treatment, maintaining a positive attitude in this constant cycle of wondering if you can still live long and prosper, the future likely holds out more hope than the past.

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

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RESTON COMMUNITY CENTER

Following input from the February public meeting, the RCC Board of Governors has drafted its next Five-Year Strategic Plan. Join RCC Board and staff as they present the first draft of a revised plan covering 2016-2021.

Community Relations and Program/Policy Joint Committee Meeting

Monday, March 14 • 6:30 p.m.

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

RSVP to RCCContact@fairfaxcounty.gov by March 11.

If you are unable to attend, input may also be sent to RCCContact@fairfaxcounty.gov.

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