U.S. Rep Gerry Connolly (D-11) addresses a sold out crowd of 700 guests during the 36th Annual Benefit Performance of Capitol Steps in support of Cornerstones Sunday night at the Hyatt Regency Reston.

**Capitol Steps Help Raise $412,000 for Cornerstones**

**From Awkward To Artistry in Motion**

**Reston Real Estate Market Up For 2018**
Making healthy diet and exercise choices are two keys to preventing heart disease.

BY MARILYN CAMPBELL

Each time the door bell rang, a guest arrived, wearing red and bringing with her a new flavorful dish with an aroma that filled the already pungent air in Cassandra Pope’s Arlington home. One by one friends strolled through the living room and into the kitchen bearing dishes like balsamic-grilled chicken breast, curried cauliflower steak and freshly made hummus. They had arrived for a potluck dinner and the theme that evening was heart health.

“My father died of a heart attack when he was 62, and when he was 57 he had a stroke,” said Pope. “All nine of his siblings had massive heart attacks and all of them died of a heart-related illness. So I know that I need to focus eating better and exercising and losing weight. My friends always get together for dinner about once or twice a month and usually we have a theme. For February, we decided to combine Valentine’s Day and heart health. We exchanged recipes so that we all have a stash of new recipes to try.”

Cardiovascular disease remains one of the leading cause of death in the United States, and after decades of a steady decline in this country, it is once again on the rise, according to a study by the American Heart Association. The research also shows that approximately 80 percent of all cardiovascular disease can be prevented by adopting a healthy lifestyle and controlling high blood pressure, diabetes and high cholesterol. During February, American Heart Month, health care professionals are working to raise awareness of the importance of making healthy lifestyle choices and managing their health conditions.

“February is also Black History Month and these two recognitions go hand-in-hand,” said Nikkia Wilkens, Fairfax County Health Department community outreach professional. “African Americans have some of the highest rates of hypertension and heart disease, [but] with the right steps, we can improve our heart health.”

Some of the heart-smart lifestyle adjustments that Wilkens and other health care professionals advise include staying active and exercising regularly and monitoring one’s salt intake. “Incorporate movement into your everyday activities, such as taking the stairs instead of an elevator,” said Wilkens. “Maintain a healthy diet and skip the fried foods, and eat lots of fruits and vegetables. Commit to eight hours of sleep a night and drink eight glasses of water each day.”

While African-American have one of the highest rates of heart disease, the American Heart Association reports that anyone at any age can be affected by cardiovascular diseases and 80 percent of cardiac events can be prevented.

“Even making small changes like getting 30 minutes of exercise a day can improve not just your heart health, but your overall health as well,” said fitness trainer Brendan Moore. “Find a type of exercise that you enjoy enough to do for 30 minutes that also gets you to break a sweat and do it everyday. The important thing is that you get your heart rate up. If you start to break a sweat, you know that you’re exerting enough energy to have an impact.”

Small dietary changes can be made gradually. “Watching your salt intake is really important,” said dietician Caroline Knowles. “There are so many ways to prepare meals by using spices instead of salt so that you don’t compromise the taste. With slow cookers and instant cookers there are so many options that you no longer have to fry food to enjoy that satisfying taste.”
Capitol Steps Help Raise $412,000 for Cornerstones

The 36th Annual Benefit Performance of Capitol Steps in support of Cornerstones took place Sunday night at the Hyatt Regency Reston before a sold out crowd of 700 guests who came for an evening of political satire all for an important cause – to help families in Cornerstones’ Embry Rucker Community Shelter move to permanent housing. Proceeds benefit the programs and people served by Cornerstones – a community-based organization that has been providing affordable housing and comprehensive support services to individuals and families in need since its founding in Reston in 1970.

The 2019 Capitol Steps event was co-chaired by Susie Sylvester Duggal of Dev Technology Group and Bob Van Hoecke of Regulatory Economics Group and The Long and Foster Companies, the Presenting Sponsor. Addressing sponsors before the show began, Bob Van Hoecke, co-chair of the event, reflected on his parents’ hard work and love of family despite daily struggles, as well as his involvement with Cornerstones. “In our area it takes an income of $62,000 to support a family of four in a two-bedroom apartment. It’s these same hard working people, service industry workers, firemen, teachers, and healthcare workers who often live paycheck to paycheck, struggling to make ends meet.” He emphasized that some in attendance tonight may be experiencing that stress due to the government shutdown, adding “Cornerstones is here for anyone in our community in need because of the funds we are able to raise tonight and throughout the year.”

Before bringing the Capitol Steps to the stage, John Thomas, Cornerstones Board Chair, welcomed guests on behalf of Cornerstones’ board and sponsoring religious organizations, and introduced Jeff Detwiler, President and CEO of Long and Foster companies. As the Presenting Sponsor for the past seven years, Detwiler shared the company’s commitment to the cause, noting, “Even though we live in one of the wealthiest counties in the nation, more than 1,000 men, woman and children – 30 percent of whom are children – are homeless in this community. We believe that supporting Cornerstones in its mission makes us as a community stronger.” U.S. Rep. Gerry Connolly (D-11) addressed the crowd, recalling his time as an anti-poverty activist in his involvement with Cornerstones. “Cornerstones has provided stability for people in crisis, empowering them with resources that give them hope for brighter future. The support of everyone in this room is a testament to what our community can accomplish together to help those in need.”

Del. Ken Plum (D-36) rallied the crowd for the annual “Empty the Shelter” Paddle Auction. A dedicated supporter of Cornerstones himself, he asked the audience to dig deep, and then thanked them as they raised $100,000 for Cornerstones’ rapid re-housing programs.

Capitol Steps Committee co-chairs Susie Sylvester Duggal and Bob Van Hoecke, thanked a sold out crowd of 700 guests. “The generous response during the ‘Empty the Shelter’ Paddle Auction helped us exceed our goal for this year – raising more than $400,000 to provide safe and stable homes for individuals and families who are homeless in our community,” said Susie Sylvester Duggal as she and Bob Van Hoecke presented a $412,000 check to Cornerstones. Kerrie Wilson, Cornerstones’ CEO, said in a final thank you, “Because of you, and your support, Cornerstones can offer the programs and resources that provide stability to people at time of crisis, then empower them with opportunities and skills that offer hope and opportunities for the future, for themselves and their family members.” Wilson noted Cornerstones’ strength as a convener, and challenged guests to continue to work together as a community to build connections and develop solutions that ensure all working families have homes that are affordable.

Wilson commented, “For nearly 50 years, Cornerstones has provided stability for people in crisis, empowering them with resources that give them hope for brighter future. The support of everyone in this room is a testament to what our community can accomplish together to help those in need.”

At the Reston Town Center Ice Skating Pavilion, it’s a learning process for Logan Binnix, 3.5, formerly of Herndon, as he steps out on the ice for the first time. With dad Bryant and the sliding penguin giving him confidence and balance, young Binnix slides, falls, works his courage back up and takes his first glide across the ice.

From Awkward to Artistry in Motion

Fun on the Ice at the Reston Town Center Pavilion.

Whether for exercise, leisure or the challenge of mastering something at first awkward, to doable, to filled with grace and artistry in motion, the Reston Town Center open-air Ice Skating Pavilion is the place to lace up those skates. Centrally located in the heart of the town center, the open-air pavilion is transformed into a shimmering ice-skating rink through March 10 and offers a menagerie of skating opportunities.

The Pavilion features daily public skating and skate rentals, Learn to Skate lessons, birthday parties, private and corporate parties, plus special recurring weekly events said a spokesperson at the Skate Shop, directly beside the Pavilion. On Saturdays, there is the Cartoon Skate at the Rink where Scooby-Doo and Cat in the Hat share the ice with public skaters.

On Thursdays is College Night at the Rink during which skaters with valid college IDs receive $2 off admission and on Fridays is Rock the Rink with a DJ, music, games and prizes. Skating continues until 11 p.m. that evening.

Early Saturday morning, Feb. 2, students in two of the Learn to Skate Lessons took to the ice under the watchful eyes of their instructors, building confidence while learning the basics skills of skating. Children wearing protective helmets began to master the fundamentals, how to stand, fall, get up, stop, march then glide.

“Bend your knees, put your hands on them, look forward,” called the instructor to his class of four children. Out on the ice, young skaters like Arjuri Pandit, 6, heeded the directions, regained balance and slowly glided over the ice. From the sidelines, Ruchi Pandit watched her son. “It’s a great opportunity here. Arjuri’s been going out on the rink on his own,” said Pandit. Sliding over the ice takes confidence and balance. During the public session, Bryant Binnix, former Herndon resident took his three and half-year-old son, Logan on the ice but not without the sliding penguin stand helper. Not only did the penguin assist Logan and allow him to feel safe learning to skate, but dad Bryant did not have to hold up his son and possibly strain his back.

Angie Binnix, Logan’s mom, watched from the rail. “This is Logan’s first time on the ice. He’s not afraid, though at first, he was a little nervous. Now he wants to go on his own.”
**Week of Absurdities**

**By Kenneth R. “Ken” Plum**  
State Delegate (D-36)

T he 2019 session of the General Assembly has reached its midpoint, or crossover, when the two houses start to consider bills that have survived the other house. It also represents the final action on many bills giving an indication of what the ultimate legislation for the session is likely to be. In the back of most legislators’ minds is the fact that when the legislature adjourns sine die (until another day) the election season will begin.

The thought of going home to meet their voters motivates many votes. After all, that is the way it should be in a representative democracy. The results, however, create some absurdities.

Republicans appear to be planning to focus once again on abortion, including most of the year’s work so far. While the House has voted to ban the procedure, the Senate offers some hope that it might pass. What the filibuster means is unclear. No one in the Senate isoms for the Senate and the work of the legislative season may still see more absurdities!

**Governor Northam and the Yearbook Controversy**

**By John Lovaas**  
Reston Impact Producer/Host

I n this world of the internet and instant communication, it is hard to understand how Ralph Northam’s disgusting Medi- cal School yearbook page didn’t come to light before now. But then I have wondered the same about Donald Trump’s tax returns—how is it possible that they haven’t somehow come to light before now?! There the comparison between these two men ends.

Ralph Northam throughout his career as a pediatric neurologist caring for children, a legislator and now Governor of Virginia has been untouched by scandal and widely respected as a decent, ethical and honest person. Donald Trump not so much. Although Northam comes from a region of Virginia not known for leadership in racial tolerance and love, he seems an honorable man and has been rec-

Be Part of the Pet Connection

T he Pet Connection, a twice-yearly special edition, will publish the last week of February, and photos and stories of your pets with you and your family should be submitted by Friday, Feb. 22.

We invite you to send stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, harriers, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Tell us the story of a special bond between a child and a dog, a 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 control by such a slim sifter of power. A two-vote shift in both houses would put Democrats in charge of the legislature.

Major divisions continue to exist between the parties on finalizing the budget. Republicans favor a plan that continues the federal approach of giving tax breaks to those with the highest income. My bill to establish a partially refundable Earned Income Tax Credit (EITC) was defeated. About half the states have used an EITC to help raise the income of working families. There is a slight possibility that Governor Northam could get the EITC in a compromise budget as he is a strong proponent of it. Several weeks remain for the legislature to work its will. Some good bills are passing that will be favorable to the people of the Commonwealth and I will discuss these in future columns. With an election looming in the fall, we may still see more absurdities!

Thirty-seven states have ratified the Equal Rights Amendment. It is looking doubtful that Virginia will join that group this year. If floor speeches on the amendment one of the women opposing the amendment said that she did not need “words on a piece of paper” to get what she wanted. Bills that would have created an independent redistricting commission including my perennial bill have been defeated in the House. A bill introduced by the Speaker of the House that would create a commission to redistrict the legislature is far from independent in that it still has legislators picking their voters in order to protect incumbents and hold onto the major- ity. If the bill makes it through the legislature it will be final or vetoed by the governor. It remains difficult for the majority to play fair especially when it holds Medicaid to serve 400,000 low-income Virginians, for example, do likewise? Why can’t they wait for the results of the investigation to be certain about the picture before rush- ing to judgment, trashing the Gov- ernor and ending the career of a good man? Could it be because they are looking ahead to the 2019 elec- tions when Democrats hope to take control of both houses of the general assembly. …and the power to reapportion both Congressional and Virginia legislative districts? If the investigation proves that Northam indeed is in the picture, especially if he were in the KKK outfit, and that he has lied about the photo, then indeed he must resign or even be removed from office.

This outcome is far too important, with crushing human consequences, to be rushed for political expediency of the Democratic Party. I would like to think we are better than that. Let’s get it right.

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— Mary Kimm

mkimm@connectionnewspapers.com

**Governor Northam and the Yearbook Controversy**

**By John Lovaas**  
Reston Impact Producer/Host

Northam has acknowledged that he had once put on blackface in a dance competition, he now denies being either of those in the yearbook picture. Given what we know about Ralph Northam, I find this explanation unbelievable. Yearbook pranks, including nasty ones, by other students are not uncommon. In fact, Eastern Vir- ginia Medical School subsequently banned the yearbook permanently because people just “couldn’t stop being racist” (according to the Speaker of the House). The school, to its credit, has now launched an investigation to find out how the picture might have gotten into the 1984 yearbook and, if possible, who is in the picture. Why can’t Virginia politicians, especially Democrats who have worked with Mr. Northam to achieve vital legislation, including the expansion of Medicaid for 400,000 low-income Virginians, for example, do likewise? Why can’t they wait for the results of the investigation to be certain about the picture before rushing to judgment, trashing the Governor and ending the career of a good man? Could it be because they are looking ahead to the 2019 elections when Democrats hope to take control of both houses of the general assembly. …and the power to reapportion both Congressional and Virginia legislative districts? If the investigation proves that Northam indeed is in the picture, especially if he were in the KKK outfit, and that he has lied about the photo, then indeed he must resign or even be removed from office.

This outcome is far too important, with crushing human consequences, to be rushed for political expediency of the Democratic Party. I would like to think we are better than that. Let’s get it right.

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— Mary Kimm

mkimm@connectionnewspapers.com
Prom is Around the Corner
RCC’s “Diva Central Accessories Drive” underway

By Mercia Hobson
The Connection

Prom season is right around the corner. Reston Community Center (RCC) announced the opening of its “Diva Central Accessories Drive” that runs from Thursday, Feb. 28 through the rest of the month of February. “Thanks to the overwhelming generosity in response to last year’s dress drive, we have plenty of dresses, and only accessories are being requested for this year,” said LaTanjia Jones, RCC.

“RCC is accepting donations of new and gently used shoes, jewelry, bags, scarves, shawls and other accessories,” said Karen Brutsché, RCC. Items can be donated at either RCC Hunters Woods, 2310 Colts Neck Road, Reston or RCC Lake Anne 1609 Washington Plaza, Reston between 9 a.m. and 9 p.m. Mondays through Saturdays and from 9 a.m. to 8 p.m. on Sundays. Donations are tax-deductible.

The one-day shopping opportunity is open to all current middle school and high school students in need of a formal dress, shoes, jewelry and other accessories. “Students from South Lakes High School and Langston Hughes Middle School, please join us from 11 a.m. to 3 p.m. on March 30, 2019, to shop with friends for a free beautiful outfit,” said Brutsché. Volunteers will be on hand to assist students.

For more information or to volunteer, contact LaTanjia Jones, RCC’s Collaboration and Outreach Director at 703-390-6158 or LaTanjia.Jones@fairfaxcounty.gov.

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Give your money a raise
Make your money work harder by earning higher interest rates.

Talk to a banker for more details. Offer expires March 22, 2019.

Platinum Savings Account
2.10% Annual Percentage Yield for 12 months

Enjoy a special interest rate for 12 months with new money deposits of at least $25,000 and a minimum daily account balance of $25,000 or more.

Fixed Rate CD
2.60% Annual Percentage Yield for 11 months

Guaranteed fixed rate with new money deposits of at least $25,000 for an 11-month term.

Both accounts are FDIC insured up to the maximum allowable limit. Platinum Savings accounts are available in CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. Fixed Rate CD offer available in AL, AZ, CT, DC, DE, FL, GA, MD, NJ, NM, NY, PA, SC and VA. Portfolio by Wells Fargo® customers are eligible to receive an additional interest rate bonus on these accounts.1

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1. You must have a new or existing Platinum Savings account and must open the account in this offer between 2/1/2019 and 3/31/2019. This offer is subject to change at any time for any reason. Offer is available only to Platinum Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.10%, new money deposits of at least $25,000 are required. Offer ends 3/31/2019. Accounts opened before 1/1/2019 are not eligible. For a Platinum Savings account to qualify for the Special Interest Rate, it must have an account balance of $25,000 or more to qualify. All deposits to the account must be new money and must be received by 4/1/2019. After the 12 months are up, the Special Rate will no longer apply. The rate applies to the account balance up to the $25,000 minimum. Any interest paid on the account will return to the standard interest rate applicable to Platinum Savings accounts. If 12/31/2019 is not a business day, the rate applies to the account balance on the business day following 12/31/2019. Offering period is from 2/1/2019 to 3/31/2019.

2. The rate applies to the first $5,000 of new money deposits of at least $25,000. If the account balance drops below $3,500 at any time during the term of the Special Rate, the rate will no longer apply. The minimum term is equal to the length of time required for the account balance to reach $3,500. The minimum term is 1 year.

3. To be eligible for this offer, you must have a new or existing Wells Fargo Savings account and must open the account in this offer between 2/1/2019 and 3/31/2019. This offer is subject to change at any time for any reason. Offer is available only to Wells Fargo Savings customers in the following states: CT, DC, DE, FL, GA, MD, NJ, NY, SC and VA. In order to earn the Special Interest Rate of 2.60%, new money deposits of at least $25,000 are required. Offer ends 3/31/2019. Accounts opened before 1/1/2019 are not eligible for this offer. CDs in this offer are subject to change at any time for any reason. The rate is subject to change at any time for any reason. Payment of interest on CDs is based on the interest rate you can earn for 12 months on $25,000 or more of new money deposits. If you withdraw your money before the term ends, you may be charged a penalty.

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5. Deposits and other investments in WFA accounts and products are not insured by the Federal Deposit Insurance Corporation (FDIC) and are subject to risks and losses. Before you invest, please ask for a prospectus,摘要 and other information from your financial advisor about these products and the underlying investments. You should read the prospectus or摘要 carefully to understand the investment options, risks and charges. Copies of the prospectus and摘要 are available by calling 1-800-344-7867.
ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar. The deadline is noon on Friday. Photos/artwork encouraged.

ONGOING

Go on a “Blind Date” for Charity. At Scrawl Books, 11911 Freedom Drive, Reston. Take a chance this February and let Scrawl set you up – sight unseen – with a great reader. Get a few hints and a brief description of what might be hidden inside. Proceeds from sales of “Blind Date” books will benefit local schools and pee-a-boo programs. Visit www.scrawlbooks.com or call 703-966-2111.

Exhibition: “For the Love of Art.” Through Feb. 28 at the Reston Community Center Hunter’s Woods, 2310 Olde Neck Road, Reston. Members of the League of Reston Artists display paintings, drawings, mixed media, photographs and two-dimensional works suitable for wall hanging. This show is free and open to the public during the center’s regular operating hours. Kathleen Bercy Gillman judge the show. Visit www.leagueofrestonartists.org.

Journeys to Reston

Reston Historic Trust and Museum (RHT) and Reston Community Center (RCC) will host a panel discussion of remarkable journeys to Reston. Wednesday, Feb. 20, 7-9 p.m. at Jo Ann Rose Gallery RCC Lake Anne, 1609-A Washington Plaza, Reston. Free. Email alex.campbell@restonmuseum.org or visit restonmuseum.org for more. In conjunction with this event, RHT is inviting Restonians to share brief stories and photographs of their journeys to Reston: visit www.restonmuseum.org/forum.

WEDNESDAY/FEB. 6

Wine Wednesday 6-7 p.m. at The Tasting Room, 1816 Liberty St., Reston. Raise a glass to fine wine and good books. Join fellow book lovers at the Tasting Room on Library Street to talk about what everyone is reading and to get some new recommendations. Visit www.scrawlbooks.com or call 703-966-2111.

THURSDAY/FEB. 7

Art Show and reception: “Nun.” Sense. 6-8:30 p.m. at Hunters Woods at Trail Edge, Pre-Opening Showroom (next to Ledo’s Pizza), 22548 Hunters Woods Village Shopping Center, Reston. Enjoy sweets and sangria, while enjoying the paintings by Jan Dittmar. Space is limited. RSVP to katecr@intergrace.com or 703-422-1130.

FRIDAY/FEB. 8

The Storytime Social Hour. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Every Friday, moms, dads, caregivers and kids are invited to join a Storytime Social Hour. Scrawl will provide coffee and treats for the adults; stories and fun for the little people. Make new friends or meet up with neighbors. Call 703-966-2111 or visit scrawlbooks.com.

FEB. 8-27

Audubon Photography Awards Show. Mondays, Wednesdays, Fridays 9 a.m.-5 p.m., Saturdays 10 a.m.-1 p.m.; and Sundays 1-4 p.m. at Walker Nature Center, 11450 Glade Drive, Reston. The winning photographers and their photographs were selected from more than 8,000 entries submitted by photographers from all 50 states, Washington, D.C., and 10 Canadian provinces. This year’s photographs celebrate the splendor of many bird species protected under the Migratory Bird Treaty Act. Call 703-476-9689 or email naturecenter@reston.org.

SATURDAY/FEB. 9

Books for Kids Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. One of Scrawl’s favorite children’s authors will enchant the kids with a reading and the mania of rhymes, Sue Fliess, will read from her new book, Ninja Camp. Visit www.scrawlbooks.com or call 703-966-2111.

Saturday Series: Nature Explorer.

Noon-1:30 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. In the “Expanding Nature Series-Winter” program, students age 6-adult will explore Virginia’s ecosystem. Sessions are spread over four Saturdays in February with a new topic to explore each week: Feb. 9 – Mammals; Feb. 16 – Birds; Feb. 23 – Trees. Each session is $8 per person. The program takes place both outdoors and indoors, so dress accordingly. Call 703-476-5414 or visit FairfaxCounty.gov/parks/lake-fairfax.

SUNDAY/FEB. 10

Open House: Audubon Photography Awards Show. 1-3 p.m. at Walker Nature Center, 11450 Glade Drive, Reston. The winning photographs and their photographs were selected from more than 8,000 entries submitted by photographers from all 50 states, Washington, D.C., and 10 Canadian provinces. This year’s photographs celebrate the splendor of many bird species protected under the Migratory Bird Treaty Act. Call 703-476-9689 or email naturecenter@reston.org.

SUNDAY/FEB. 12-13

Fishing Workshop – Tackle. 6-8 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Hone fishing skills with this hands-on workshop that covers topics such as rods, reels and other equipment. Adults: $10; kids: $5. Call 703-966-2111 or visit scrawlbooks.com.

SATURDAY/FEB. 16

The Bookworms Club. 11 a.m. at Scrawl Books, 11911 Freedom Drive, Reston. Young readers are invited to join Scrawl’s all-new and completely free Bookworms Club. Explore a new theme each week with picture books, special guests and most often, authors. Readers are welcome to join or participate any time. Call 703-966-2111 or visit scrawlbooks.com.

SATURDAY/SUNDAY/FEB. 12-13

Saturday Series: Nature Explorer. Noon-1:30 p.m. at Lake Fairfax Park, 11500 Glade Drive (above the Glade Pool bathhouse). Tai Chi is an ancient “internal” martial art and mind-body discipline rooted in Chinese traditions. This six-week one day/week class is taught by instructor Jeffery Edwards. Questions for this class can be directed to dmerrick@reston.org. Ages 55 +, $70 RA members; $90 non-members. Visit www.reston.org, email ashleigh@reston.org or 703-435-6577 to register.

THURSDAY/FEB. 14

Girl Power! Book Club. 6-8 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Take a chance this February and let Scrawl set you up – sight unseen – with a great read. Get a few hints and a brief description of what might be hidden inside. Proceeds from sales of “Blind Date” books will benefit local schools and pee-a-boo programs. Visit www.scrawlbooks.com or call 703-966-2111.

SUNDAY/FEB. 17

Fishing Workshop-Reading Water. 4-5 p.m. at Lake Fairfax Park, 1400 Lake Fairfax Drive, Reston. Learn how to identify bodies of water and develop techniques to increase the chances of catching fish. Ages 10-adult. $70 RA members; $90 non-members. Call 703-476-5414 or visit FairfaxCounty.gov/parks/lake-fairfax.

Celebrate Galentine’s Day. 6:30 p.m. at Scrawl Books, 11911 Freedom Drive, Reston. Scrawl Books is hosting a post-Valentine’s Day party with authors, Orly Konig and Erika Marks, plus food, drinks and more – all to support a local charity. Bring a girlfriend and join the party after the store closes. Call 703-940-2111 or visit scrawlbooks.com.
WINTER SHELTERS
Find homeless and cold weather drop-in centers and shelters that serve Northern Virginia at www.novaregion.org/174/Homeless-Shelter-Lists.

DONATION REQUEST
Diva Central Accessories Drive. DONATION REQUEST

THURSDAY/FEB. 7
7-8 p.m. at Reston

WEDNESDAY/FEB. 6
6:30-8 p.m. at the former Lakeside Pharmacy, an original Lake Anne Plaza store, in a new permanent exhibit.

The Reston Historic Trust & Museum has launched a GoFundMe campaign with the goal to raise $15,000 to go towards the repair, cleaning, and reinstallation of icons on the façade of the former Lakeside Pharmacy.

The new exhibit will be unveiled during Reston’s annual Founder’s Day event, April 6. Read more about their history and donate at www.gofundme.com/preserve-lakeside-pharmacy. Thank you for your help!

INPUT SOUGHT
Shaping the Future Together. Fairfax County Government is beginning a strategic planning process with the community to shape the future together. The goal is to hear all voices and reach all segments of the community. This effort will span most of 2019, but in this first phase, the community is being asked to visit www.fairfaxcounty.gov/strategicplan to share a short five-question online survey.

Join a community conversation in person: Feb. 13 – Reston; Feb. 25 – Alexandria; Feb. 26 – Fairfax; March 6 – Falls Church.

Support Reston Historic Trust & Museum.

January 1 through Feb. 27, my world, as I knew it, came crashing down. Over and over, I review the month of January. I visited the Emergency Room on New Year’s Day and came out with a diagnosis of non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

My prognosis he said: “13 months to two years.” Not that I don’t already think about having cancer every month.

My Own Sort of Groundhog Day

By KENNETH H. LOURIE

Not that I don’t already think about having cancer every month, but especially so this time of the year. This is when my world, as I knew it, came crashing down. Over and over, I review the month of January. I visited the Emergency Room on New Year’s Day and came out with a diagnosis of non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

I was not, as yet, in the throws of having been diagnosed with non-small cell lung cancer, stage IV, but I was in pursuit of finding the cause of the shortness of breath and stinging pain in my side that first manifested on Jan. 1, 2009.

Cancer was the last word I expected to hear in late February after a biopsy confirmed the finding. Until I received that call from my primary care physician on Thursday, Feb. 20, advising me that the tissue biopsy was indeed malignant, I had been, since that New Year’s Day visit to the Emergency Room, in a diapason regarding what might have caused an otherwise, healthy, 54-and-half-year-old man, to present with such symptoms.

The Emergency Room door was me perusing as the chest X-Ray I had taken that day was inconclusive. In addition, I offered no pertinent medical history and could account for the symptoms. Eventually it was released and it was suggested that I return in a week, have another chest X-Ray and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and no history of anything.

For the past two years, I have not needed any medications. Ordinary discomforts. In addition, I offered no pertinent medical history and could account for the symptoms. Eventually it was released and it was suggested that I return in a week, have another chest X-Ray and see a pulmonary doctor. And so I did. After reviewing both X-Rays, and examining me, the pulmonologist was equally perplexed. I was healthy by all appearances and no history of anything.

As it happens every year around this time, the monthly calendar turns to February, and I am reminded of the goings on in my life Jan. 1 through Feb. 27, 2009.

February 6-12, 2019

Submit civic/community announcements at www.ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.
Reston Real Estate Market Up For 2018

By Jenny McClintock

The numbers are in for 2018 and the news is good for Reston real estate. We experienced 1316 transactions in 2018, a 2 percent increase from 2017. That's on top of a 3 percent increase from 2016 to 2017. So the market has had considerable improvement in the past two years. If we compare to the 2008 market just one decade ago, home sales totaled only 934. Certainly the economic downturn was in full swing in 2008 and the numbers at an all time low.

There are a number of economic factors that affected real estate in 2018. First, interest rates have bounced around and ended the year higher than the historic lows of the past several years. As interest rates rise, buyer’s purchasing power is affected and they can afford less. Second, in many price segments inventory levels are low relative to demand. In the lower price points buyers do not have many choices available and those priced at under $500,000 will sell quickly.

In analyzing the price segments (see chart), the $1M and over market had the biggest percent increase going from 18 sales in 2017 to 27 in 2018. Conversely, the under $500K market experienced the biggest decrease going from 855 sales in 2017 to 827 sales in 2018. That is a strong indication that sales prices increased overall in Reston.

North Reston 20194 had the biggest volume increase, from 297 to 334 sales, a 12 percent increase. Every market segment performed better in 20194, with homes under $500,000 experiencing the largest number of transactions at 173, a 17 percent increase from 2017.

South Reston zip code 20191 experienced a slight decline in total number of sales, from 599 to 574. However, the $750K-$999K market had a major increase at 35 percent up over 2017. One factor that may have contributed is the new construction luxury townhomes and condos at Sunrise Valley Dr.

20190, which includes in and around Reston Town Center, remained the same in total number of sales but also had the biggest increase in $1M and over market segment, going from 5 sales in 2017 to 12 in 2018. Yet another indication that sales prices have increased.

As we move into the new year of 2019, there are strong indications that homes priced well and in good condition will sell for solid prices. If demand in Reston continues to remain strong relative to supply, some market segments may continue to experience price appreciation.

Home Buyers in the area can still purchase with the confidence that buying in an up market cycle frequently proves advantageous over time. Now is the time to work with a professional agent to be in your new home in 2019.

Jenny McClintock with HBC Group at Keller Williams is an active and experienced Realtor in the Northern Virginia marketplace. Jenny and her team work with sellers, buyers, investors and builders in all price ranges and is delighted to be of service. www.HBCGroupKW.com, 703-731-2412, Jenny@HBCGroupKW.com