

Grace Frinks, 10, a student at Buzz Aldrin Elementary, eyes her competition in the hula hoop contest April 7 during the annual Blacktop Games. Frinks was diagnosed with Cystic Fibrosis at age 2, and the Aldrin PTA has hosted the games for the past four years.

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ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Reston resident Jeremy Novak explains how he built geothermal wells to heat his house, rather than replace his 30-year-old heat pump at the Walker Nature Education Center Friday, April 15.



PHOTOS BY ALEX McVEIGH / THE CONNECTION

Exploring Green House Effects

Reston Nature House hosts showing of "The Green House."

BY ALEX McVEIGH
THE CONNECTION

When it came time for Reston resident Jeremy Novak to replace the two 30-year-old heat pumps in his house, he decided to think outside the box.

"I'd been patching them up for 30 years, they were builder's grade and not very efficient," he said. "So I decided to take out the heat pumps and put in a geothermal heat pump. Between the tax credit and the amount I would have spent on new heat pumps, they didn't cost anymore."

Novak dug three 220-foot geothermal wells, which uses fluid heated by the earth's natural heat, to heat his house and provide hot water. He says the difference between his system and the old heat pumps is tangible.

"My house is more comfortable, it controls humidity better and most of the time I can't even tell when the heat comes on," he said. "I put it in about five months ago, and have already saved about \$1,100 on my heating bill."

GEOTHERMAL WELLS are also used at the Walker Nature Education Center in Reston, which was where Novak told his story. He told it Friday, April 15 at Sustainable Reston's Environmental Film Night, where "The Green House" was shown.

The film told the story of the first carbon-neutral house in the Washington, D.C. area, located in McLean. Designed using progressive environmental stan-



This house in McLean is the area's first carbon-neutral house, and was certified LEED platinum after it was completed in October 2009 and is the subject of the film "The Green House," which was shown April 15 at the Walker Nature Education Center.

dards, the house was built over about eight months in 2009.

The original house was demolished (with 98 percent of the material being recycled), and then a group of designers got together to make an environmentally friendly residence.

Everything from the house's alignment to room design was done to maximize energy efficiency. Geothermal power, as well as energy saving techniques such as a metal roof (it cools faster than traditional asphalt), radiant floor heating (which heat rooms from the floor, rather than ducts), energy saving appliances (the sub-zero refrigerator uses about the same amount of power as a 100-watt light bulb) and non-volatile

organic compound paints and furniture led to the building being certified LEED platinum.

"It was wonderful to see how beautiful sustainable design can be," said Jacqui Higgins, president of Accents by Design, the interior decorator of the Reston Nature House. "Even if you can't do everything they did in the film, every little bit helps."

Heating and cooling houses use about 43 percent of energy use nationwide. Troy Tanner, president of the Home Energy Detective, a company that conducts energy audits of homes to make them more efficient, said that number can be brought down with proper techniques.

"You have to look at a house as a whole system, not just getting better windows, or something like that," he said. "Now, to be LEED platinum is going to cost some money, but there are things you can do to seal your house up. That means you can use smaller equipment that will carry a smaller electrical load."

THE RESTON NATURE HOUSE, which was constructed around the same time as the house in the movie, is certified LEED gold. Katie Shaw, manager of the Nature House, says it can serve as an example for the community about what an environmentally friendly house is like.

"We've got many environmentally friendly features that you can come and see, touch and feel, to see if you like it," she said.

As for Novak, he still remembers when he turned on his new system for the first time.

"At first, I thought it wasn't working, it wasn't making any sound," he said. "But it was working. And now the only heat pumps I hear belong to my neighbors."

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

THURSDAY/APRIL 21

Jessie and James: Mutts Gone Nuts! 2:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Jessie and James and their pack of mutts present a comic dog show with juggling, rope walking and crowd play. All ages. 703-242-4020.

Book Discussion. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Anil's Ghost by Michael Ondaatje. Adults. 703-242-4020.

Preschool Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories and activities. Age 3-5 with adult. 703-689-2700.

FRIDAY/APRIL 22

Ringling Bros. and Barnum & Bailey Circus. 1 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Tickets \$7-\$15. www.ringling.com or 202-683-3238.

Vocalist Azam Ali. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. \$30-\$65. A sophisticated exploration of Iranian, Turkish, Lebanese, and Kurdish lullabies. cfa.gmu.edu.

SATURDAY/APRIL 23

Ringling Bros. and Barnum & Bailey Circus. 11:30 a.m., 3:30 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Tickets \$7-\$15. www.ringling.com or 202-683-3238.

"Ride to Provide" with Washington Redskins Players. 8:30 a.m. Reston Town Center, 11900 Market St., Reston. Washington Redskins Lorenzo Alexander and Kedric Golston, other current and former Redskins and media personalities will ride on the W&OD Railroad Regional Park Trail for a 10, 20 and 35 mile scenic bike ride to raise money for the ACES Foundation, benefiting local underserved youth, disaster relief efforts in Japan and African orphans. Win prizes, including Redskins game-day and VIP training camp tickets, hotel packages, autographed memorabilia and more. www.RideToProvide.org.

Culture Performances Showcase. 7 p.m. George Mason University Harris Theater, 4400 University Drive, Fairfax. Ethnic Chinese dance and music. Sponsored by the New World Bilingual Institute. Free admission. 703-978-7905 or nwb11@yahoo.com.

FAITH NOTES

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

Washington Plaza Baptist Church, 1615 Washington Plaza in Reston, has regular weekly Sunday worship services at 11 a.m., followed by lunch together at 12 p.m. 703-471-5225 or www.washingtonplazachurch.com.

***Maundy Thursday Service, April 21.** 7 p.m. Experience Christ's last night through narration and music.

***Reston Community Good Friday Service, April 22.** 12 p.m. Share the story of Christ's last hours through scripture & prayer.

***Easter Sunday, April 24.** 8:30 a.m. Sunrise service outside with music and prayer; 9 a.m. breakfast in the Plaza Room; 9:45 a.m. children's Easter Egg



The Weekend Bluegrass Concert Series presents Mill Run on Saturday, May 14 at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road in Herndon. The traditional bluegrass band from Disputanta, Va. features the husband and wife team of Bobby Goff, Jr. and Billie Sue Goff. Tickets are \$12. <http://millrunbluegrass.intuitwebsites.com>.

SUNDAY/APRIL 24

Ringling Bros. and Barnum & Bailey Circus. 1 p.m. and 5 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Tickets \$7-\$15. www.ringling.com or 202-683-3238.

MONDAY/APRIL 25

English Conversation. 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. English practice for adult non-native speakers. 703-242-4020.

Easy Reader Book Discussion - Level 2. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read a book aloud and enjoy a related craft. Call for title. Age 6-7. 703-689-2700.

ESL For Jobs. 6 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. English conversation and job skills. Adults. 703-689-2700.

TUESDAY/APRIL 26

Guest Author Tom Jones. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Jones will discuss his latest books about space exploration. Book sale and signing. Adults. 703-242-4020.

One-on-One Computer Tutoring. 7 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Internet, Word and Excel basics. Adults. 703-242-4020.

ESL Advanced. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Adults practice

Hunt behind the church; 10:45 a.m. Worship Celebration with the choir; 12 p.m. coffee downstairs (no lunch this day).

Oakton United Methodist Church, 2951 Chain Bridge Road in Oakton, has announced their Holy Week services. 703-938-1234 or www.oaktonumc.org.

***Maundy Thursday Service, April 21.** Worship, Communion and Pastor Don Hawks' sermon "Jesus and the Farewell Dinner."

***Good Friday, April 22.** "The Seven Last Words of Jesus on the Cross." Word 1, Luke 23:34 at 12 p.m. Word 2, Luke 23: 43 at 12:25 p.m. Word 3, John 19: 26 at 12:50 p.m. Word 4, Matthew 27: 46 at 1:15 p.m. Word 5, John 19:28 at 1:40 p.m. Word 6, John 19:30 at 2:05 p.m. Word 7, Luke 23:46 at 2:30 p.m.

***Easter Sunday Services, April 24.** 8:30 a.m. in the Chapel and 10:55 a.m. in the Sanctuary. The Sanctuary Choir, instrumentalists and Pastor Don Hawks' sermon "Jesus and the Last Laugh."

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English in a group with a volunteer facilitator. 703-689-2700.

WEDNESDAY/APRIL 27

Thirty Seconds To Mars. 7 p.m. George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. \$32.50-\$39.50, available at www.ticketmaster.com or 703-573-SEAT. Accessible seating is available at 703-993-3035. www.thirtysecondstomars.com or www.patriotcenter.com.

Advanced Birding Course: Bird Biology and Natural History. 7 p.m. National Wildlife Federation, 11100 Wildlife Center Drive, Reston. Major habitat types, migration, reproduction, plumage variations and more. \$10-\$45. 703-438-6008 or info@audubonva.org.

Senior Movie Day: "Wall Street: Money Never Sleeps." 10 a.m. Reston Town Center Theater, 11900 Market St., Reston. Free for age 55 and older. The Reston Association and Reston Town Center Theater present "Meet Me at the Movies." Refreshments and door prizes. www.reston.org or 703-435-6577.

One-on-One Computer Tutoring. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Internet, Word and Excel basics. Adults. 703-242-4020.

Bunnies, Bunnies, Everywhere Preschool Storytime. 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Songs, rhymes and stories about bunnies. Age 2-5 with adult. 703-437-8855.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, invites everyone to their Holy Week events. 703-437-5500, office@trinityherndon.org or www.trinityherndon.org.

***Maundy Thursday Service, April 21 at 7:30 p.m.**

***Good Friday Service, April 22 at 7:30 p.m.**

***Easter Sunday Services, April 24 at 8:30 a.m. and 11 a.m.** Two worship services with Holy Communion.

The Vajrayogini Buddhist Center will offer a Monthly Meditation Class at 1 p.m. on May 7 and May 14 at Brown's Chapel, 11450 Baron Cameron

www.ConnectionNewspapers.com



Rudy Tassara (standing), pictured at the last year's event with Reston founder Bob Simon and his wife Cheryl Terio Simon. Simon praised the event as a 'fantastic combination of location, food and music.'

Tango Comes to Reston

One of the most elegant and entertaining evenings of the year is once again coming to Reston: On Saturday, April 23, the Herndon Rotary Club with the support of the Haitian Embassy of Washington D.C. is sponsoring a special evening at the Reston Hyatt Regency Hotel featuring a live 30-piece orchestra, professional tango dancers and instructors, and a three-course dinner with complimentary Argentine wines.

Tango, popularized in the U.S. by the movies of Rudolph Valentino in the 1920s, has seen a recent resurgence in popularity thanks to Dancing With the Stars.

Argentine born Herndon businessman Rudy Tassara, who grew up with a passion for tango, has been planning every detail of the evening for months with a committee of business and professional leaders from

the Herndon-Reston community. The atrium of the Hyatt will welcome arriving guests with a cash bar, a wide variety of silent auction items and professional dancers giving a demonstration "taster" of the evening to come. After the meal and show, a professional tango dance instructor will give live lessons to guests on the dance floor.

Herndon Rotary is the community's oldest and largest service club, active since 1939. In the last several years, the Club has worked with Rotary Clubs in Haiti to provide access to education, health care and clean water. Proceeds from the evening will go to ongoing community projects in Pignon, Haiti and to helping youth, improving schools and providing scholarships for students in the greater Herndon area.

For tickets, call Rudy at 703-478-2800 or go to www.herndonrotary-tango.com

THURSDAY/APRIL 28

Plein-Air/Impressionist Flower Workshop. 9:30 a.m.-3:30 p.m. at Tree Frog Nursery, McLean. Two-day

workshop taught by artist Christine Lashley. In case of rain, the workshop will be held indoors at ArtSpace Herndon. \$190. www.ArtSpaceHerndon.org.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for this new Southern Baptist church are at 10:45 a.m. The public is invited to join a growing Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

The Buddhist Tzu Chi Foundation celebrates Its 45th Anniversary on Sunday, May 8 from 10 a.m.-2 p.m. in the Lake Anne Village Center, Washington Plaza W., Reston. It will include Buddha's birthday ceremony, a green/veggie expo to promote environmental sustainability strategies and healthy lifestyles and activities to celebrate Mother's Day. Light vegetarian refreshments will be served. In case of inclement weather, the celebration will be indoors at 1516 Moorings Drive, Reston. 703-707-8606 or www.us.tzuchi.org.

Join us for
Easter
Services!



Saturday Evening Easter Services (April 23)
5 PM - New Traditional Service
7 PM - Latino Service (Spanish)

Sunday Easter Services (April 24)
6:15 AM - Sunrise Service
8 AM, 9:15 AM, 11 AM - Traditional
5 PM - Contemporary

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LIVE ENTERTAINMENT
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- Friday, 4/22/11: Ronan Kavanagh 9:30pm-1:30am
- Saturday, 4/23/11: Buster Brown 9:30pm-1:30am
- Thursday, 4/28/11: Willem Dicke 8:30pm-12:30am
- Friday, 4/29/11: Hall Vote 9:30pm-1:30am
- Saturday, 4/30/11: Oren Polak 9:30am-1:30pm

Dart Night Every Tuesday in April, 8:00 P.M.-10:00 P.M.!

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