

Herndon High Step Team Kicks Off Title Defense

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Members of the Herndon High School Step Team perform their opening act at the 14th annual Herndon StompFest Saturday, Feb. 25.

Farm to Fork at Frying Pan Farms

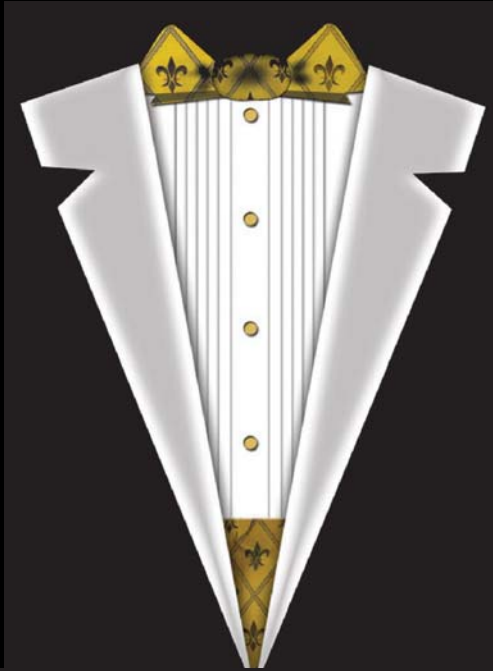
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Rail Association Takes Look Forward

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From left, Bailey Hopple of JBG Companies, Patti Nicolson, Dulles Corridor Rail Association and Maggie Parker of Comstock Partners answer questions about redevelopment along the Silver Line Friday, Feb. 24.

Rail Association Takes Look Forward

Developers discuss Silver Line strategies.

BY ALEX McVEIGH
THE CONNECTION

The Dulles Corridor Rail Association hosted a “look forward” Friday, Feb. 24 in Herndon to examine the plans around the proposed Silver Line Metrorail Stations.

Phase Two will consist of six stations, starting at Reston Parkway and going out to Ashburn, including Dulles Airport.

Various entities, including Fairfax County, Loudoun County, the Town of Herndon and the Reston Master Plan Special Study Task Force, are currently examining what kind of development will allow both landowners and residents to take maximum advantage of the opportunities offered by the Silver Line.

Lisa Gilleran, director of community development for the Town of Herndon, said the town’s forecast for Metro development involved balancing a number of factors.

“The economic challenge we’re facing is to balance traffic impact and public cost and maximize transit oriented features and benefits to the town,” she said. “In order to accomplish this, we found balance is achievable with about seven million square feet of development by 2035.”

THE TOWN OF HERNDON is planning for development north of the proposed Herndon-Monroe station, while members of the Reston Master Plan Special Study Task Force and others are planning for the parcels of land south of the station.

Fred Selden of the county’s Department of Planning and Zoning discussed how changes to the Reston Master Plan were being proposed to allow for additional density.

“This plan focuses primarily on a half mile around the stations,” he said. “We’re looking at and discussing much higher levels of development.”

The proposed changes would increase the amount of residential square feet from just under 10 million to more than 20 million and the commercial from around 17 million to 25 million square feet for the three Reston stations at Wiehle Avenue, Reston Parkway and south of Herndon-Monroe.

Selden said a key part of the planning would be to make sure the stations weren’t a disruptive force to the residents and businesses around them, but that they blend in. Because of this, they are examining the land around each station parcel by parcel.

“To really integrate the Transit Oriented Development that’s to come, we really have to make sure it’s integrated with the community at large,” he said. “As part of that process we’re looking how to integrate those stations on every level.”

Mark Canale, Phase Two manager for the Fairfax County Department of Transportation, said plans for Phase Two are about 30 percent complete, though he called the process dynamic.

He said accessibility to the stations, through a variety of means, would be essential when planning around stations.

“The county continues to look at pedestrian circulation and access to the station,” he said. “We’ve had a number of adjacent landowners come up to us and make recommendation for the street grids.”

PHASE TWO PLANNING will progress throughout this year, with preliminary engineering expected to be completed this month, and then Fairfax and Loudoun Counties will have 90 days to review the proposals.

The environmental review and approvals required by the National Environmental Policy Act are expected to be complete by June, and design-build proposals will be taken throughout the end of the year with the contract being awarded in January 2013.

“This plan focuses primarily on a half mile around the stations.”

— Fred Selden, county’s Department of Planning and Zoning

PHOTOS BY MEREDITH BILLMAN-MANI/ THE CONNECTION



Susan Dadio and her daughter, Amanda, took their time choosing fruit at the Kuhn Orchard stall which featured six varieties of apples and three types of pears at the indoor winter farmers market at Frying Pan Farm.



Farm fresh eggs from Fossil Rock Farms at the indoor winter farmers market at Frying Pan Farm. The market is held Thursdays from Feb. 23 to April 26 from 2:30 to 6:30 p.m.

Farm to Fork at Fry Pan Farms

Winter farmers market opens at Frying Pan Park.

BY MEREDITH BILLMAN-MANI
THE CONNECTION

The indoor winter farmers market at Frying Pan Farm was greeted last Thursday with an eager crowd of buyers. “We’ve been waiting for this. I really use the farmers markets to tell me what is in season. I can look around and see what’s fresh and growing locally,” said Herndon’s Irene Hill. “We are trying to eat more locally and farmers markets tell me what’s in season,” said Hill.

“Spring is coming early this year,” said vendor Michael Antony with Fossil Rock Farms. According to Antony, the reaction to the winter market setup has been good. “People especially like the fact that it’s open after work. They seem less rushed because of this element.”

The indoor market is held Thursdays from Feb. 23 to April 26 from 2:30 to 6:30 p.m. It also features a different free activity each week, which was especially popular with the parents. The first week had free hayrides. Fires, live music, baby animal exhibits and arts and crafts booths are all planned for the upcoming market days.

Susan Dadio and her daughter took their time choosing fruit at the Kuhn Orchard stall, which featured six varieties of apples and three types of pears. “This is so nice to have. I started making my own baby food when she was little and we would come to the summer market to get the food for that. It’s great to be able to come in winter now, too,” said Dadio.

The vendors started running low on produce half way into the market. Chris Guerre, the farmer behind Maple Avenue Market Farms in Great Falls, was doing a swift business selling baby chard, baby beets, kale and eggs. He started his farm three years ago and uses the customer reactions and buying trends to know what to bring to the markets. Next week he plans to bring more produce now that he has seen the volume of sales this market is capable of.

“For the first day of an indoor farmers market, in winter and off a main road, it’s been excellent,” said Guerre.

Katie Clowney with Kuhn Orchards added that there were more families and children at this market than they had expected so they would plan for that in the weeks to come.

There is a nice range of food and products at the indoor market. In addition to the fruit and vegetable stalls, there is a meat vendor, a sweets stall and honey. Multiple farmers were selling fresh eggs and herbs, including thick horseradish roots and rosemary.

State Shirks Transportation Responsibility

BY SHARON BULOVA
CHAIRMAN OF THE BOARD
AND JEFF MCKAY

LEE DISTRICT SUPERVISOR AND TRANSPORTATION COMMITTEE CHAIRMAN

COMMENTARY

Maybe we should rename our County The Bank of Last Resort. At our Board of Supervisors retreat in early February, board members and staff discussed the tools available to local government to narrow the chasm between growing needs and shrinking resources. As the state and federal governments continue to slash programs and funds to localities, the needs in areas like human services, education, public safety, and transportation continue to grow.

Fairfax County is at ground zero in all these areas. We're home to a growing population of seniors in need of basic services; our top notch schools are growing fast; and our first responders keep our community safe despite being asked to do more with less.

The current debate over transportation responsibilities is instructive. The Commonwealth of Virginia has primary transportation responsibilities that go back to the years of the Great Depression when the state took on all public road maintenance and construction for all counties except for Arlington and Henrico. In recent years, we've seen the fraying of this traditional responsibility and core function of state government as the state's failure to act has left many of our most well-traveled roads in deplorable condition. Saying, "Can't afford it anymore, it's your problem" seems to be the General Assembly's solution. That's not reasonable and it's certainly not responsible governance.

The current proposals in the General Assembly are either devolution-lite or the camel's nose under the tent. Either way, they amount to an abdication of the state's moral and legal responsibility to maintain our roads. Any effort by the state that does not result in a long-term dedicated revenue stream is a decision

to sidestep our transportation challenges. Fairfax County should not be forced to choose between its citizens' important needs simply because the state government is looking to take the easy way out. And keep in mind — as Fairfax County's fortunes go, so goes the Commonwealth. Our economic vitality supports and funds the rest of the state. A crumbling transportation infrastructure here will ultimately show up on the wrong side of the ledger downstate.

As elected leaders, we have the responsibility to listen and respond to the needs of our constituents. Time after time we hear that transportation is one of our residents' top concerns and key to our economic fortunes. Fairfax County has a creative and solutions-oriented local government. We believe that our transportation problems can be solved. Identifying a dedicated transportation revenue stream is the first and most important step in finding that solution and we ask that the Governor and the General Assembly meet their responsibility and identify that stream.

LETTERS TO THE EDITOR

Wolf's Crusade Article

To the Editor:

Alex McVeigh's article on Rep. Wolf's book "Prisoner of Conscience" ["Wolf's Crusade," Connection, February 15-21, 2012] is very much worth acknowledging as his constituents and other constituents of neighboring districts are not well informed about Rep. Wolf's commitment to this issue of global human rights. I have lived here in Northern Virginia for 30 years and that is how long Rep. Wolf has been in Congress representing the 10th district. It is also parallel to my 30 years of citizen activism and being a responsible citizen. Through the years I have lived in Arlington, Oakton and Reston. Rep. Wolf has been my congressman for many of those years. Due to boundary changes etc, I am not in the 10th District now. Our citizen advocacy organization has worked closely with Rep. Wolf over these 30 years. We recall his life changing visit to Ethiopia and how we were very proud of him. He has supported programs of UNICEF and Child Survival funding that really make a difference.

In 1984, in the "State of the World's Children Report" published annually by UNICEF, the number of child deaths (preventable) was 40,000 daily. In these past 30 years the number currently according to UNICEF is down to 24,000 daily. That is still a scandalous number but also shows progress in fighting human rights violations of hunger and disease that is preventable. Rep. Wolf says in your article that back in the '80s

there was more bipartisan support for human rights in Congress than he sees now. Isn't that shameful that "partisan politics" negates the commitment we all have to such fundamental rights.

Len Chorazy
RESULTS Coordinator, Virginia
Reston

Equal Human Rights for All

To the Editor:

The most recent edition of The Connection [Feb 15-21, 2012], included an article about Rep. Frank Wolf's humanitarian crusade, and highlighted a book he has written about his experiences. Rep. Wolf's work is exemplary, and worthy of our praise. However, it behooves me to point out a glaring void in Mr. Wolf's work: as strong an advocate for human rights as Mr. Wolf has been, he has been an equally staunch opponent of equal human rights for gays and lesbians here in this country.

The Connection article ends with a quote from Rep. Wolf:

"The Declaration of Independence says all men are created equal, and have a right to life, liberty and the pursuit of happiness," he said. "I think when we advocate and speak out, it really can make a tremendous difference to people all over the world, as we would want someone to do if we were in the same situation."

I would say to Rep. Wolf, we ARE in the same situation. A large group of Americans, who are expected to pay taxes and adhere to

the laws of this land, are consistently being denied the most basic privileges and protections of those laws. The Declaration of Independence says "all" men, not just those that you prefer. I urge Rep. Wolf to consider his own words, and follow the course that he himself advocates for other countries. Be a true humanitarian, Rep. Wolf, not a selective one.

Sarah O'Neil
Great Falls

The Contraceptive Controversy

To the Editor:

The federal rule requiring that large employers cover contraceptive services prompted an outcry. Arguing in the name of religious liberty, religious leaders argued that the requirement violates their First Amendment rights. This argument is misguided for a number of reasons. Contraceptives play an important role in women's health and religious liberty does not extend that far.

Religious liberty does not allow religious groups the freedom not to follow rules or laws that have compelling benefits to society. For example, religious liberty did not exempt religious groups from laws that ban the practice of polygamy (*Reynolds v. US*, 1878) and did not allow Native Americans who used peyote in religious ceremonies to be exempt from employment rules against drug use (*Employment Division of Oregon v. Smith*, 1990).

Conservatives argue that religious groups that object to contra-

ceptives should not be required to pay for it. This argument is also misguided. We are all required to pay taxes and in turn inadvertently support policies we don't agree with. Co-pays act as a deterrent for the insured — especially the low income. Inability to pay for contraceptives could result in a range of detrimental health consequences and choices that are more objectionable than contraceptives.

The Obama administration compromised when the first version of the rule caused controversy. The new version requires that insurers not charge more for plans that cover contraceptives, to avoid requiring direct payment by a religious institution of coverage they find objectionable. While this was welcomed by the insurance industry, it was called an "accounting gimmick" by those who continue to rally against required contraceptive coverage. Religious leaders are still free to preach against contraceptive use. Since insurers and doctors are providing the service, not religious leaders, there is no interference with religious liberty. Religious women are also free to refuse the service for any reason. However, since large employers employ women from a range of faiths contraceptives should be a covered benefit.

Title VI of the Civil Rights Act prohibits sex discrimination. Since contraceptives are exclusive to women it is inarguable that this is a women's issue. To prevent these medicines from being as readily available as any man's medicine violates our nation's anti discrimination laws.

Rebecca Small
Herndon

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OBITUARY

Joanne Virginia Donohue Watson, 85, Dies

Joanne Virginia Donohue Watson, age 85, passed away peacefully on Friday Feb. 17, 2012 at Stonehenge Assisted Living in Blairsville, Ga. Joanne resided in Blairsville for the past five years. Born in Petaluma, Calif., on Nov. 26, 1926 the daughter of the late Emmett Ignatius Donohue and Doris Rockwell, she was proceeded in death by her husband John Rollin Watson, Jr. (1995) and her son John Rollin Watson III (1999) and her brother James Lockwood Donohue. She was a recent member of the First Baptist Church of Blairsville, Ga. While in Georgia she was active in Faith Sunday School Class, and the Beacon Mission Team. Joanne had a heart for missions.

Before coming to Blairsville, Joanne lived 47 years in Northern Virginia. While living in Great Falls she was an active member of the Lewinsville Presbyterian Church in McLean, where she served as an elder; a deacon; chair of the mission committee, where she oversaw the relocation and settlement of a refugee family with five children from Laos; worked in the Clothing

Closet; active in Christmas in April (was one of the best painters on the team); made communion bread; a storyteller; and acted in many church and local plays.

While in Herndon, she was a member of the Herndon United Methodist Church.

Before coming to Northern Virginia Joanne traveled the four corners of the world with her husband living in Alaska (before it was a state), Cambodia (before the wars), and Costa Rica. She was raised in California living in many cities (sixteen- but who's counting) up and down the west coast, some including San Francisco, Carmel, San Diego, Monterey and Pasadena. Her love for the ocean and beach were known by all, she was an avid traveler, and "never met a stranger."

Survivors include: daughter and son-in-law Janice and Charles Coon of Bluemont, Va.; daughter and son-in-law Patricia and Mike Baldwin of Blairsville, Ga.; and son and daughter-in-law William and Virginia Watson of Little Washington, Va.; grandchildren Jason Watson and wife Jessica (New

York, NY); Captain Christopher Baldwin (US Army) and wife Erika; Sarah Steel (Herndon, Va.); Timothy Baldwin and Jennifer Peterson (Palm Beach Gardens, Fla.); Kelly Steel and fiancé Henry Brooks (Sterling, Va.); and two great grandsons Marcello and Javier Watson. Survived also by her brothers Emmett Donohue (Dolores, Colo.) and, F. Martin Donohue (Melbourne, Fla.) and by numerous much-loved nieces and nephews around the world.

Services in Northern Virginia will be on Saturday March 3, at 3 p.m. at the Lewinsville Presbyterian Church, 1724 Chainbridge Road, McLean, VA 22101 led Rev. Justin White and Rev. Deborah McKinley. Interment and reception to follow the service.

In her memory if you wish to donate funds or time at your local shelter or food bank or a mission project donations may be made to Lewinsville Foundation 1724 Chainbridge Road, McLean, VA 22101 or Herndon United Methodist Church, VIM (Volunteer in Mission) scholarship, 701 Bennett Street, Herndon, VA 20170.

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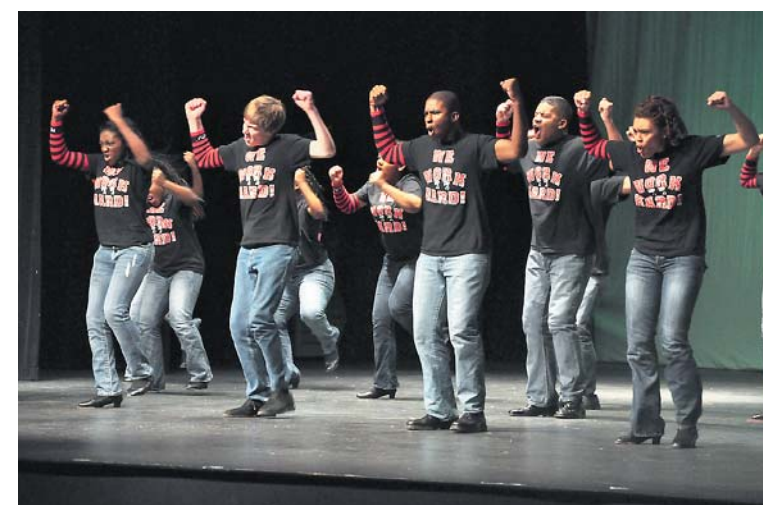
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SCHOOLS



The Herndon High School Step Team performs at the school's 14th annual StompFest Saturday, Feb. 25.



The Herndon High School Step Team don blindfolds for part of their performance at the 14th annual Herndon StompFest.

Herndon High Step Team Kicks Off Title Defense

Herndon High School hosts 14th annual StompFest.

By ALEX McVEIGH
THE CONNECTION

Fresh off a season in which they won the national championship, the Herndon High School Step Team kicked off their season by hosting the 14th annual StompFest Saturday at Herndon High. The event featured nine local teams competing for first place.

The team got the school into the spirit the Friday before the competition, creating a flash mob in the cafeteria. Since they only performed and didn't compete in StompFest, they were able to have a little fun with their routine.

"Everything else we'll do this season will be a competition, but with this routine we had a little fun, relaxed a little bit," said senior Izaba Sarabi, one of the team's co-captains.

Coach Gary Bushrod said the team was able to put a "fun twist" on their usual routine for StompFest, but he knows teams

will have Herndon on their radar and come competition season.

"People know Herndon is good now, which means they'll be ready for us," he said. "We'll take a week off after StompFest, and then get into competition mode. The team knows the stakes are higher, they're feeling the pressure, but we're ready for it. It used to take us a few competitions to get into the swing of things, not this year."

THE PRESSURE began day one for the Step Team, even as they were hosting auditions for the vacant spots. Bushrod says the auditions were tougher than they've ever been.

"We've been going hard since the first day of school, adding an extra hour to all our practices," said senior Lin Marie Marmolejos, one of the team's co-captains. "Our championship has raised the bar for everybody on this team."

Recognition has come along with their championship last year, Marmolejos says people will recog-

nize them from YouTube clips, and even members of her church in Tysons Corner have heard about the team.

Last year's team lost 11 seniors to graduation, and they welcomed five new members, three freshman and two sophomores. The new members say they know exactly what they've got themselves into.

"There was pressure in the beginning, but I think we've come together and now I really feel like part of the team," said freshman Breyuanna Wright, who has been stepping since she was in elementary school. "I've been watching the team for years, and now I feel like I've become part of the family."

Sophomore Hannah Vaughn says she and the team treat every practice like it counts.

"Even though we weren't competing in StompFest, we still went full out during each and every practice," she said. "We're treating every practice like we're on stage at Nationals, because that's how you ramp up for the competition."

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Oakton Girls Re-Claim Northern Region Crown

Kathleen Coyer steps up to score 29 points in win over West Springfield.

BY RICH SANDERS
THE CONNECTION

The “Coyer Era” of Oakton High girls’ basketball could not be winding down in more spectacular fashion than it currently is.

The Coyer twins, senior guards Caroline and Kathleen, have played vital roles in the Cougars’ unparalleled success over the past four years. Caroline, the team’s point guard, is one of the Northern Region’s all-time best players. Katherine, at shooting guard, is a tremendous defensive player who scores when called upon and can match the on-court prowess of the best players out there.

The duo, in both their freshmen and sophomore years, helped Oakton win region crowns. Last year, their junior seasons, saw the Cougars eliminated in the region semifinals to fellow region force West Springfield. It was Oakton’s one and only loss of the 2010-11 season.

On Monday, Oakton and West Springfield met again in a huge postseason affair, this time in the region finals. Once again, Oakton entered the playoff contest with the Spartans unbeaten. This time, however, head coach Fred Priester’s team was able to overcome the Spartans to the tune of a 63-49 triumph which earned Oakton its third region crown in four years and improved its record to a still perfect 28-0. The finals game took place at Robinson Secondary.

“It’s definitely great to win, especially after last year’s [semifinals loss],” said Oakton center Elizabeth Manner. “We’ve continued to work hard all year.”

Manner said Oakton, much like last year when it lost just the one game, has never allowed the pressure of being unbeaten to overwhelm them.

“It hasn’t affected us,” she said. “Every team we play, we go out and know we can beat them. We’re not cocky but we’re very confident.”

In Oakton’s region tournament championships in 2009 and 2010, Caroline Coyer earned tourney MVP honors both years. On Monday, following the Cougars’ decisive victory, it was sister Kathleen who garnered MVP status during post-game award ceremonies. No one was happier for Kathleen, who tallied a game-high 29 points in the championship game win, than sister



Kathleen Coyer was named tournament MVP after scoring 29 points and pulling down eight rebounds in Oakton’s region finals win over West Springfield on Monday night at Robinson Secondary.

Caroline. Both are set to play college basketball on scholarship next year at Villanova University in Philadelphia.

“A lot of people in the past did not give her the respect she deserved,” said Caroline, of her sometimes unheralded twin and teammate. “We knew she had to have a great game tonight and she did.”

While Kathleen accepted her first-ever region tournament MVP honor, Caroline and fellow Cougar Karlie Cronin were also named to the seven-member All-Tournament Team.

Caroline said she has thoroughly enjoyed playing high school ball alongside her sister for four years at Oakton.

“It’s awesome,” said Caroline. “She knows me better than anyone. I can always count on her.”

THE ENTIRE OAKTON squad was able to count on Kathleen Coyer on Monday. She had a simply dominant game and helped the Cougars get off to a good start with eight first quarter points as Oakton took a 12-8 lead going into the second quarter. Oakton never lost the lead thereafter.

Oakton, which led 24-18 at halftime, saw

“Every team we play, we go out and know we can beat them. We’re not cocky but we’re very confident.”

— Elizabeth Manner



Oakton’s Elizabeth Manner (right), defending here against West Springfield’s Lindsay Mares, scored 10 of her 12 title game points in the second half.

West Springfield get within 25-20 when Spartans’ junior forward Lindsay Mares converted a 10-foot turnaround shot off the left wing early in the second quarter. But Kathleen Coyer responded with a 14-foot jumper to make it 27-20. The basket started a 15-7 Oakton surge over the remainder of the quarter, helping the Cougars take a 40-27 advantage into the fourth quarter.

One of Oakton’s biggest highlights during the third quarter hot spell was a three-point basket by Caroline Coyer from the left of the key which gave the Cougars a 32-20 lead nearly midway through the stanza. Coyer, Oakton’s top scorer this season

and one of the greatest scorers in region history, was limited to just six points on the night but that long range trey to give her team a 12-point lead was one of the game’s biggest baskets. Oakton’s lead would ultimately reach 16 points on a couple of occasions thereafter.

West Springfield never relented and, behind the strong fourth quarter play of senior forward Logan Battle, fought back to within seven points at 51-44 on a pair of Battle free throws with two minutes, 53

seconds remaining. Throughout that final quarter, Battle, one of three Spartans to make the All-Tournament Team, had kept her team in contention by scoring on hard drives to the basket. Fourteen of her team-high 18 points came in that final quarter.

But Oakton weathered the Spartans’ fourth quarter threat. Following the free throws by Battle which got West Springfield within seven points, Oakton’s Manner, a fundamentally-sound, 6-foot-0 inch center who finished with 12 points and eight rebounds, scored from close range while being fouled. Her ensuing free throw made the score 54-44 Cougars. Several moments later, Manner would answer a basket by Battle with a nifty, inside spin move layup off the left side to make it 56-46 with 2:12 left. West Springfield never closed within 10 points after that.

“I really think we all came out to play tonight,” said Manner. “We were patient and physically tough. We knew if West Springfield took something away [defensively] we could counter.”

Kathleen Coyer scored 12 of her points from the foul line, where she was 12-of-14. Her only long range three-pointer came from the left corner with just over a minute remaining in the game, prompting chants of ‘undefeated, undefeated’ from the

charged-up Oakton student body section. Coyer had eight rebounds to go along with her big scoring night.

Manner, like everyone else, marveled at Kathleen Coyer’s huge night.

“She’s a great player,” said Manner. “She finishes her shots and can score when there is pressure on her.”

“She pretty much made everything she shot,” said West Springfield’s April Robinson (10 points), an all-tournament selection herself.

West Springfield, with the loss, fell to 26-3 on the season. The Spartans’ only prior two losses had come during the holidays to out-of-area opponents. West Springfield’s title game setback was its first loss of the season to a local opponent.

“They played a better game than we did,” said Robinson, a senior guard. “We came out kind of timid. We’ll rebound from this and come back at it on Friday.”

BOTH OAKTON AND WEST SPRINGFIELD, by reaching the region title game, automatically earned trips to this week’s eight-team state AAA playoffs. Oakton, this Friday night at 7, will play Central Region runner-up Monacan High of Richmond at Robinson. Also on Friday at 7, West Springfield will travel to Richmond to play Highland Springs, the Central Region champion, at Virginia Commonwealth University’s Siegel Center.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

ENTERTAINMENT

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

WEDNESDAY/FEB. 29

American Cancer Society Relay For Life Kickoff. 6:30 p.m. Reston Association, 12001 Sunrise Valley Drive, Reston. Participants, sponsors, cancer survivors and event volunteers gather for a kickoff celebration to launch fundraising efforts for the year. www.restonrelay.org or 703-938-5550.

THURSDAY/MARCH 1

Welcome Club of Northern Virginia Monthly Luncheon. 11 a.m. Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. "Starting Your Genealogy Research" by genealogy teacher Phyllis Legare. \$30. Registration required at www.welcomeclubvirginia.com.
Peter Yarrow with Mustard's Retreat. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Folk music. \$25. www.wolftap.org.

FRIDAY/MARCH 2

"I Love You Because." 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or restonplayers.org.

SATURDAY/MARCH 3

Ballet Folklorico De Antioquia, Colombia. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Sharing the richness and diversity of Colombian culture through authentic music, ritualistic dance, and physical theater accentuated with brilliantly-colored costumes. \$23-\$46. www.gmu.edu.
"I Love You Because." 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or restonplayers.org.
Fairfax Chocolate Lovers Festival. Various locations in Old Town Fairfax. The Taste of Chocolate, featuring chocolate vendors selling their wares; the Chocolate Challenge, an arts extravaganza where the medium is chocolate; the Kiwanis Pancake Breakfast featuring chocolate chip pancakes, historic reenactments, children's activities, open houses at historic buildings and more. www.chocolatefestival.net.

Buskin & Batteau. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Folk duo. \$22. www.wolftap.org.
Celtic Woman. 8 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Celtic music. Tickets \$43-\$73, available at www.ticketmaster.com or 703-573-SEAT. Accessible seating available for patrons with disabilities at 703-993-3035.

26th Annual Fairfax Jazz & Tap Dance Festival. 8 p.m. Northern Virginia Community College Annandale Campus Theatre, 8333 Little River Turnpike, Annandale. With performances by the Dancin' Unlimited Jazz Dance Company, Encore Performers, Center Stage Dance, Capitol Movement, Impulse and MYTE. Supported and funded in part by the Arts Council of Fairfax County. \$20 in advance, \$22 at the door. www.dujdc.org.

The Mozart Requiem. 7 p.m. Trinity Presbyterian Church, 651 Dranesville Road Herndon. Herndon Ecumenical Choir, with choir members from Herndon United Methodist, Trinity Presbyterian, St. Timothy's Episcopal, St. Joseph's Catholic, and Holy Cross Lutheran combined with chamber

orchestra and soloists. Free, donations accepted for LINK. 703-437-5500 or www.trinityherndon.org.

Youth Art Month Artists' Reception.

5-7 p.m. Greater Reston ArtsCenter, 12001 Market St., Suite 103, Reston. Students from Herndon, South Lakes, and Thomas Jefferson High Schools created all works in the "Emerging Visions: Invisible Cities" exhibition, an annual show offering high school artists the experience of exhibiting in a professional gallery. 703-471-9242 or www.restonarts.org.

SUNDAY/MARCH 4

Fairfax Chocolate Lovers Festival.

Various locations in Old Town Fairfax. The Taste of Chocolate, featuring chocolate vendors selling their wares; the Chocolate Challenge, an arts extravaganza where the medium is chocolate; the Kiwanis Pancake Breakfast featuring chocolate chip pancakes, historic reenactments, children's activities, open houses at historic buildings and more. www.chocolatefestival.net.

Reston Fiber Artists Show and Sale.

Reston Museum. 1639 Washington Plaza, Reston. Including

the work of Reston fiber artists Lois Salazar, Luann Sievers, Anna Hayoz, Cynthia Hull, and Alice Abrash, demonstrating the variety of the art form as well as the techniques of these artists. A portion of sales proceeds benefits Reston Museum. 703-709-7700 or restonmuseum@gmail.com.

Glen Phillips. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Formerly of Toad the Wet Sprocket. \$20. www.wolftap.org.

March Migration. 2 p.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Discover which birds will return from southern locations and which will be heading north. Learn about flyways and how to help migratory birds. \$4-\$6. naturecenter@reston.org or 703-476-9689.

26th Annual Fairfax Jazz & Tap Dance Festival. 4 p.m. Northern Virginia Community College Annandale Campus Theatre, 8333 Little River Turnpike, Annandale. With performances by the Dancin' Unlimited Jazz Dance Company, Encore Performers, Center Stage Dance, Capitol Movement, Impulse and MYTE. Supported and funded in part by the Arts Council of Fairfax County. \$20 in advance, \$22 at the door. www.dujdc.org.

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"Battling Cancer"



By KENNETH B. LOURIE

I suppose, as a cancer patient, there's a presumption/understanding that not giving into cancer and its potential ravages is an ongoing battle – to the death, if you will. And I imagine, on many levels, some truer than others, it is. War is indeed waged – so to speak, in hopes of defeating this horrible disease (enemy).

Personally, I don't view what I do – surviving as a cancer patient: following doctor's orders, filling prescriptions, ingesting medications, enduring chemotherapy, scheduling and then being diagnostically scanned, making food and lifestyle changes, adding miscellaneous supplements to my diet; in general, trying to live healthier and be a "compliant" patient, as anything more than common sense. It's not a battle – to me, it's simply what you do. As the South Korean widow said to Hawkeye Pierce on a M*A*S*H episode way back when, responding to his question about how she could walk so far to get water: "Because that's where the water is," she answered.

And so a while back, it struck me as odd that a woman to whom I was introduced – and who knew of my less-than-ideal health circumstances, straight-forwardly and most sincerely (having recently been widowed herself when her husband succumbed to a cancer diagnosis) asked: "I understand you're battling cancer." It was in fact the first time in my nearly three years of being a cancer patient/survivor that I had ever been asked that exact question.

It was not her directness that was off-putting. Nor was it her presuming a familiarity – between us, that did not exist, that such a potentially intrusive, certainly private/personal subject could be so casually raised – by a relative stranger, in the middle of a 27-person Christmas dinner. No. It simply caught me by surprise, and I believe my answer/reaction likewise caught her by surprise and may have even made her a bit uncomfortable and apologetic for having inquired (although it was certainly not my intention). I laughed at her question and said: "I suppose so." To which she replied: "I didn't mean to" "No problem," I said, as the commotion of the occasion sort of ended our conversation.

One other time I was present when this "battling cancer" phrase was invoked. Although this time, it was a former female co-worker greeted by another former co-worker at our company Christmas party who asked, innocently enough of her, how she was doing: "I'm battling cancer" came her reply. I snickered then when I heard it, and even commented to our Publisher, Mary Kimm, also a cancer survivor, who was standing alongside me at the time and witnessed the entire exchange: "You know Mary, I've never said that – or felt that." A year later this "battling cancer" answer was questioned to me.

I don't really have any objections to either of these exchanges. I guess if had to summarize my feelings, however, about what I heard answered and what I was asked, I would say it's probably me trying to make light of a very heavy set of circumstances, and on some occasions, the less said about it, the better. It's awkward, sort of. Although, I don't really mind. Still; sometimes, I just don't feel the need.

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

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21 Announcements

OBITUARY
MORAN, C.M.F., REV. THOMAS

Rev. Thomas D. Moran, died on Thursday, February 23, 2012 at Resurrection Medical Center in Chicago, IL, after complications from pneumonia. Father Moran was born on January 27, 1928, in Chicago, Illinois. The son of Thomas and Mary (nee Roach) Moran, he grew up in a family of four children on the south side of Chicago. Fr. Moran is survived by his two remaining living sisters, Joan McGoldrick and Marie Tarpey; beloved uncle of many. The fourth sibling, his brother Roger is also deceased. Father made his first profession as a Claretian Missionary in 1947, perpetual profession in 1950 and was ordained a priest on June 9, 1955.

21 Announcements

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Fairfax County Public Schools: Food and Nutrition News

Coming in March: Go Inside the Classroom with Teachers

Recognized for Food Safety

Food safety and sanitation are critical processes that require strict procedures and training. All FCPS food service managers have successfully completed the Fairfax County Sanitation Certification requirements and a manager training course. As a second safety measure, all FCPS schools have implemented a Hazard Analysis Critical Control Point (HACCP) program, which requires managers to follow a purchased food product from the moment the food is received to the time it is served to ensure proper handling and temperature control. The Fairfax County Board of Supervisors recognized the Office of Food and Nutrition Services for maintaining the highest levels of food safety and cleanliness in its food preparation areas.

Healthy School Environment Starts with Nutritious Meals and Exercise

What are your memories of school lunches? Today's students look forward to lunch not just because they're hungry, but because of the variety of foods offered: baked chicken, fish tacos, pork egg rolls, spaghetti, hummus, whole wheat pretzels and yogurt, chef's salad with tuna, assorted fruits and vegetables, and much more.

Fairfax County Public Schools (FCPS) is recognized as a leader in creating a healthy school environment by teaching children about the importance of eating a variety of healthy foods and getting regular exercise.

The U.S. Department of Agriculture established the HealthierUS School Challenge (HUSSC) award to recognize schools that have created healthier school environments through promotion of nutrition and physical activity. This year 160, or more than 80 percent, of FCPS schools will receive the HUSSC award for enhancing the quality of school meals, increasing physical activity, and providing nutrition education to students.

said Penny McConnell, RD, Director of Food and Nutrition Services.

"We value the important role we play in our students' nutritional well-being and contribution to the reduction of childhood obesity," she said.

FCPS' Food and Nutrition Services program also places special emphasis on purchasing locally grown seasonal produce and supporting school learning gardens.

"We've talked to different groups within our community and share their desire to offer a wide variety of locally grown foods on our menu," said McConnell.

More than 30 FCPS schools have planted learning gardens that provide spring and fall produce for school lunches as well as a great learning experience for students.

A wellness policy guides FCPS Food and Nutrition staff as they develop programs in nutrition education and physical education, determine nutrition guidelines for all foods served during the school day, and create activities that promote student wellness.

In addition, staff from FCPS' Food and Nutrition Services visit classrooms and work with teachers to educate students about the benefits of good nutrition, kids' cooking activities and healthy snacks. FCPS hosts health fairs to show students and parents how to make healthy food choices and how to increase physical activity.



Getting To Know Us

FCPS Operations Coordinator, Food and Nutrition Services
Amy Hubal

Seeing the smiling faces of students as they go through the lunch line is one of the perks of the job for Amy Hubal, Operations Coordinator in Food and Nutrition Services.

Hubal supervises the eight central distribution centers, or central kitchens, for the school district. The distribution centers prepare and deliver food to more than 200 schools and community organizations on a daily basis.

Her passion for food began at an early age, working in the restaurant business when she was 16.

"I enjoy feeding my family and friends and I am fortunate to be able to work with food for my job as well," she said. "Everyone loves to eat and preparing healthy food is so rewarding."

Hubal is interested in the process of garden-to-table and educating others about how to have a healthy relationship with food.

"Learning to grow and prepare food is a life-long skill that promotes health and wellness," she said.

Hubal serves on the district's menu committee helping to develop new recipes for Food and Nutrition Services.

The one aspect of Hubal's job she enjoys most? Her team of 180 staff, 24 managers, and 32 van drivers.

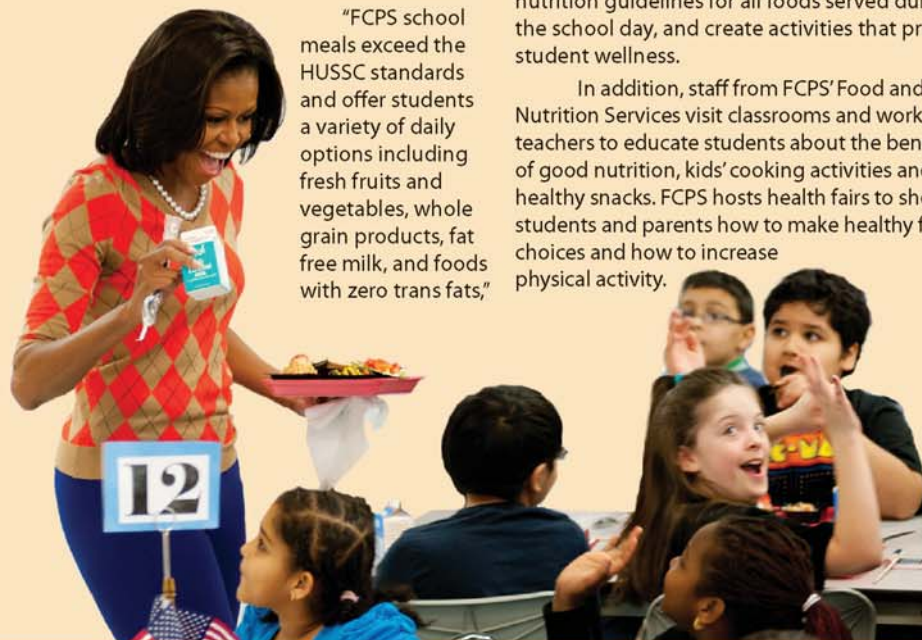
"I work with a dedicated, hard-working team of nutritional professionals that really care about what they do and the impact they make on a student's school day."

Want to learn more about FCPS school nutrition? Visit www.fcps.edu and click on the A-Z index for Food at School.

Learn the 9-5-2-1-0 Zip Code for Your Health

- 9** Get 9 hours of sleep each night
- 5** Eat 5 servings of fruits and vegetables each day
- 2** Limit screen time to no more than 2 hours each day
- 1** Get at least 1 hour of exercise each day
- 0** No sugary drinks

Right: First Lady Michelle Obama visited Parklawn Elementary School in Alexandria recently to unveil new federal standards for school meals which will require reducing sodium and fat levels, and increasing fruits, vegetables, whole grains, and legumes in school lunches and breakfasts.



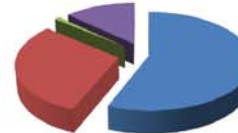
"FCPS school meals exceed the HUSSC standards and offer students a variety of daily options including fresh fruits and vegetables, whole grain products, fat free milk, and foods with zero trans fats,"

Providing Nutritious Meals to Students, Community

Food and Nutrition Services employees take pride in preparing and serving more than 140,000 meals each day. Eight distribution centers (central kitchens), two secondary school production kitchens, a vending center, a central warehouse, and elementary, middle, and high school finishing kitchens, under the direction of highly trained managers, provide nutritious meals in all public schools and centers. Free and reduced-price meals are provided to needy students. In addition, food is catered to day care locations, senior citizen programs, Alzheimer centers and Meals on Wheels.

"Meals are planned by registered dietitians to reflect the 2010 Dietary Guidelines for Americans," said McConnell. "But we also make sure that the menus reflect student cultural and personal preferences by conducting monthly student taste parties. Our goal is to plan menus that are affordable and provide students with several nutritious choices that they will select and eat."

Food and Nutrition Services Revenue Sources



- Student Payments 56%
- Federal Funds 30%
- State Funds 1%
- Other Services 13% (day care centers, senior nutrition programs, catering and vending)



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