

Oak Hill ♦ Herndon
CONNECTION

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The Oakton High School Jazz Band B performed at the annual Chantilly Invitational Jazz Festival on March 17, with over 20 other area high school jazz bands.

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NEWS

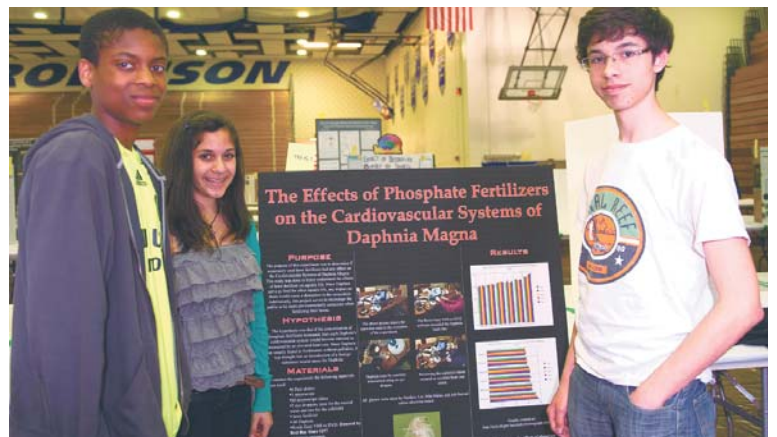
Science Fair at Robinson

640 students participate in 57th Fairfax County Regional Science and Engineering Fair.

On Friday March 16, 640 Fairfax County high school students traveled to the Robinson Secondary School Field House to participate in the county's 57th Regional Science and Engineering Fair. All students and teams involved in the competition that took place over the weekend have competed at their local science fairs in 17 different categories including chemistry, computer science, bioengineering, earth science, environmental management, among others. Ten winners will be allowed to compete in an international science and engineering fair in Pittsburgh later this spring.



Elizabeth Bohnslav of Herndon High School puts some finishing touches on her project board as brother Andrew watches. Bohnslav studied the effect of conductivity on the speed at which a magnet falls.



(From Left) Hila Pridan, Ade Samuel and Matt Lee of Herndon High School stand before their science project board. They studied the impact of phosphate on Daphnia Magna (water flies) in an effort to understand how runoff impacts the health of the Chesapeake Watershed.

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News

Council Responds to County Water Ordinance

Councilmembers decide to address legislative ordinance issues with county.

BY ALEX MCVEIGH
THE CONNECTION

The Herndon Town Council unanimously passed a response to the Dec. 6, 2011 Fairfax County Board of Supervisors' decision to regulate water sales and rates from non-county providers.

The council has been examining the issue since the December decision, and found several problems that put their legislative authority at risk in the ordinance. Town attorney Richard Kaufman said there were two problems, overlapping of powers and delegation of municipal powers, that concern the town from a legal standpoint.

"Setting of water rates constitutes a major legislative power enjoyed by local government in Virginia," he said. "In this case, with the county ordinance, you have a situation where there is an attempt to have a delegation of the town council legislative power to set rates to the county's Department of Public Works. This constituted an unlawful delegation of authority."

THE ORDINANCE states that Fairfax County will be the only provider of water in the unincorporated locations unless the water authority determines that it cannot physically provide service, no water rate in the unincorporated county can exceed the county's rate, unless the excessive rate is approved by the Fairfax County Department of Public Works and the Board of Supervisors. Any modified rates must be re-examined every year.

Kaufman said the town has only 41 water customers outside of town limits, calling it "almost an afterthought." Thirty-eight are in



The Herndon Town Council decided March 27 to engage Fairfax County about its December water regulation ordinance.

the Stuart Pointe development, which is adjacent to the town's eastern border. The other three are Herndon High School, Temple Baptist Church and a nearby single family home. The ordinance does not apply in the Town of Herndon, but to those customers.

"In a case where the town and county both have equal powers and the county's powers are not dedicated to a county-wide purpose and the town has already exercised its powers, in that case the law states that the town's exercise of its powers pre-empt the county in or with respect to the town,"

"The revenue is not the point, the point is maintaining the town's rights, our legislative authority."

— Herndon Mayor Steve DeBendittis

he said. "The ordinance would be inconsistent with this law, which is important to towns."

The town purchases water wholesale from the Fairfax County Water Authority.

The cities of Falls Church and Fairfax, as well as the Town of Vienna, have already filed civil actions against the Board of Supervisors and the county. The cases are pending, in the early stages of litigation, and Kaufman estimated it would be at least a year until a conclusion is reached.

Herndon is instead focused on a different strategy, which was recommended by Kaufman, and would be a local, legislative response.

"This response would be relatively simple and inexpensive and would be relatively non-litigious and non-threatening to the county," he said. "It would say that the Town of Herndon is not in a

legal position to follow the ordinance and state that the mayor and Town Council are interested in talking to Fairfax County in an attempt to resolve the legal or legislative differences, and that it would be interested in pursuing solutions with the county."

Herndon Mayor Steve DeBendittis said the decision was based on setting a precedent maintaining the town's authority.

"The revenue is not the point, the point is maintaining the town's rights, our legislative authority," he said. "We need to do that, not only now, passing this is a good first step, but in whatever goes on in the future and not just cede our authority to the county."

OTHER COUNCILMEMBERS did not want to go as far as to file suit against the county.

"Support moving forward with this. The county is trying to solve a bigger problem for itself. It's something we can work out, the county is not our enemy, we can sit down and talk," said Vice Mayor Lisa Merkel. "It also asserts in a formal and strong way our position and spells out what our actual problems are with the ordinance."

Councilmember Sheila Olem agreed, saying "this is the most cost effective way to do this, we don't need to rush to a lawsuit like some of the other communities."

Other residents also supported the action taken and were not in favor of bringing suit against the county.

"Doing nothing isn't an option, we have to assert our rights as a town," said Dave Webster of Herndon. "Litigation would be very expensive and I don't think would accomplish the goal we're trying to accomplish."



Firefighter Brandon Winfield, Technician Michael Frames, Firefighter Namaste Bosse, Technician Rolando Contreras, Master Technician Reginald Wadley and Lt. Erick Weinzapfel of Herndon Fire Station 39 were honored March 21 at the Fairfax County Valor Awards for their acts of heroism during the flash flooding of Sept. 8, 2011.

Above and Beyond

Herndon firefighters honored for heroism.

BY JEANNE THEISMANN
AND ALEX MCVEIGH
THE CONNECTION

The water was swiftly rising as a lone woman was frantically crying for help from the roof of her car during the deadly flash flooding of Sept. 8, 2011. By the time first responders from Herndon's Fire Station 39 arrived on the scene in the Great Falls area, the vehicle had been swept 150 feet into the woods by the force of water and was now wedged against a tree.

With no rope or shoreline support, Firefighter Cory Parry and Technicians Thomas Barnes and Rolando Contreras made the decision to walk through the surging waist deep waters to reach the vehicle and bring the woman to safety.

Nearby, a man was sitting in his car as rapidly rising flood waters flowed around him, causing his vehicle to shift perilously close to the edge of the road and steep cliff beyond. Herndon Fire Station 39 first responders again took action as Lt. Erick Weinzapfel, Master Technician Reginald Wadley and Technician Michael Frames entered the water, pulled the victim to safety through the vehicle's sunroof and placed him in a basket from Tower Ladder 401 just as large sections of asphalt began breaking up.

For their acts of heroism that day, the men were honored March 21 with Bronze Medals of Valor at the Fairfax County Chamber of Commerce Valor

Awards. Also honored from Herndon's Fire Station 39 were Technician Michael Eddy; Firefighter Namaste Bosse; Firefighter Brandon Winfield; Capt. Wayne Wentzel and Technician Peter Kehne, who each received Lifesaving Awards.

At the event held at the Hilton McLean Tysons Corner, the Chamber recognized 108 of the county's first responders at the 34th Annual Valor Awards. Members of the Fairfax County Police Department, Sheriff's Office, Fire and Rescue Department, as well as from the Towns of Herndon and Vienna, were given awards.

Thirty-five responders were given Bronze or Silver Medals of Valor, and their children will receive post-secondary education scholarships from the Valor Scholarship Fund, a 501(c)3 foundation. To date, more than \$250,000 in scholarships has been awarded.

The flash flooding of Sept. 8, a result of 6 to 10 inches of rain that deluged the area, brought numerous calls for water-related rescues and 18 Fairfax County Fire and Rescue personnel were honored for their efforts that day. The firefighters saved dozens of lives by rescuing people who were trapped by rising water, in danger of washing downstream or were otherwise trapped by the severe weather conditions.

The Chamber also awarded 48 lifesaving awards and 25 certificates of valor during the ceremony.

"We have heard some remarkable accounts of heroism today," said Doug Brammer, chair of the Valor Scholarship Fund. "Having done this for a number of years, it just reinforces that when things are at their worst, our first responders are at their best."

Surviving Spring Allergies

Local allergists offer suggestions for coping.

BY MARILYN CAMPBELL
THE CONNECTION

The Washington region's unseasonably mild winter led to the early arrival of spring. While many delighted in the balmy temperatures and blossoming flowers, some who suffer from allergies began sneezing earlier than usual.

"The pollen started coming out early and a lot of people were blindsided by their allergy symptoms," said allergist Dr. Heidi Isenberg-Feig, a Potomac resident and allergist at Johns Hopkins Community Physicians in North Bethesda. "The tree pollen count has been high already which is unusual."

The American Academy of Allergy, Asthma & Immunology (AAAAI) estimates that 35 million Americans suffer from allergies due to pollen and mold. Symptoms include sneezing, a stuffy or runny nose and itchy, watery eyes. This allergy season is expected to last longer and be more intense than usual. Local allergists offer strategies for surviving spring allergy season.

"Although there is no cure for allergies, symptoms can be managed."

— Dr. Jean Glossa

Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network and Molina Healthcare. "It is possible to reduce or eliminate exposure to allergens. Minimize walks in wooded areas or gardens and stay indoors as much as possible on hot, dry, windy days when pollen counts are highest. Think about wearing a mask when mowing the lawn or gardening and don't hang linens or clothes out to dry."

TIPS TO HELP manage symptoms:

- ❖ Decrease your contact with pollen. "The best way to do that is to close the windows of your car and house," said Isenberg-Feig. "Even if it is a nice day, the pollen count can still be a little high." Pollen can drift through open windows and settle onto carpet and upholstery.

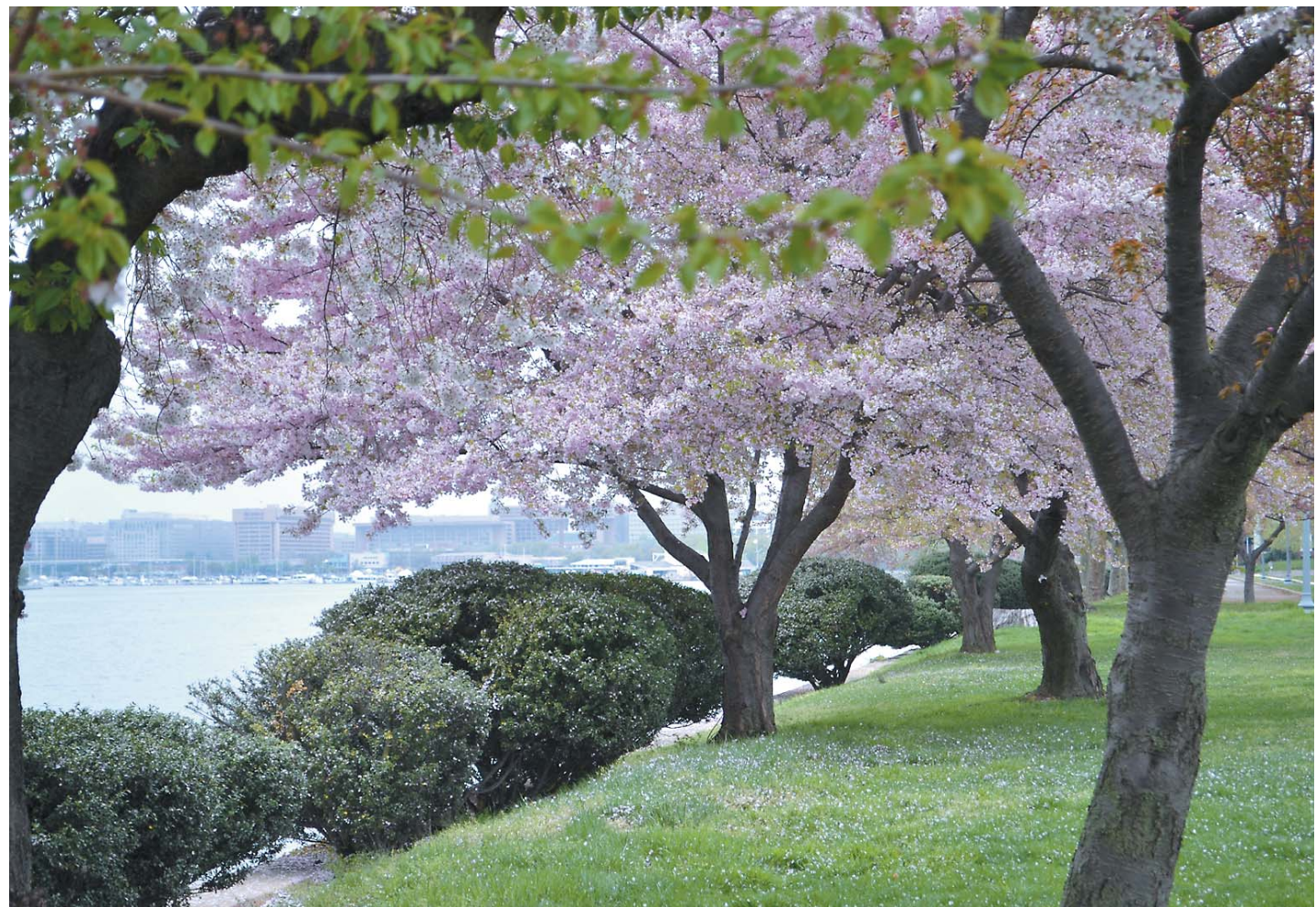


PHOTO BY MARILYN CAMPBELL

Cherry blossoms and tulips made an early appearance this spring. Experts say those who are allergic to pollen can expect an intense and prolonged allergy season.



Dr. Heidi Isenberg-Feig, an allergist with Johns Hopkins Community Physicians, says that this year's spring allergy season could be more severe than usual.



Allergist Dr. Saba Samee, of Alexandria & Clinton Allergy Associates, advises allergy sufferers to take a shower after entering their home to wash away pollen from skin and hair.



Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network, Molina Healthcare advises allergy sufferers to consider wearing a mask when mowing the lawn or gardening.

- ❖ Take showers at the end of the day. "Shower and change clothes as soon as you get home to wash pollen from your hair and skin," said allergist Saba Samee, M.D. of Alexandria & Clinton Allergy Associates. "Leave your purse or book bag at the front door. Don't drop them on the sofa or bed because they are all covered in pollen. The same goes for shoes."

- ❖ Use sunglasses to defend against pollen. "If you have problems with itchy, watery eyes, wear sunglasses when you're outside and avoid being outside on windy days if you can," said Samee.

- ❖ Stay ahead of allergies. "If you are someone who suffers from allergies, try to take your medicines before things get too bad," said Samee. "If you wait until you're

absolutely miserable the medicines don't work as well."

- ❖ Eat fruits and vegetables judiciously. Many people with seasonal allergies also suffer from pollen food allergy syndrome. "Some people experience itching hands or mouth or a scratchy throat if they eat certain raw fruits or vegetables because of the cross-reaction between the pollen and certain fruits and vegetables," said Isenberg-Feig.

- ❖ Use air filters to help create a pollen-free home. "Ensure that the filters fit properly and are changed regularly," said Samee.

- ❖ Know the pollen count. "This information is readily available on the web or the weather section of the news," said Isenberg-Feig. The National Allergy Bureau (NAB) tracks and reports current pollen and mold spore levels. A local pollen count can be found at <http://www.aaaai.org/global/nab-pollen-counts.aspx>

"IF YOU NEED long lasting relief, nasal sprays and allergy shots may be recommended," said Glossa. "However, if symptoms persist for more than a week or two and tend to reoccur, make an appointment to see your doctor. The good news is that most allergies are not lifelong conditions. By following your doctor's advice and taking control of your environment, allergies shouldn't keep you from enjoying springtime."

10th District Academy Day Set For April 14

Area students interested in attending one of the nation's service academies are encouraged to attend the 10th District Academy Day from 10 a.m. to 1 p.m. on Saturday, April 14, at the Loudoun County School Board Office in Ashburn.

Representatives from the U.S. Military Academy, U.S. Naval Academy, U.S. Air Force Academy, U.S. Merchant Marine Academy and U.S. Coast Guard Academy and the DoD Medical Examination Review Board will be in attendance. In addition, representatives from Virginia Military Institute and the Virginia Tech Corps of Cadets have been invited.

For more information about the congressional nominating process or Academy Day, contact Ann Potocnak in Congressman Wolf's Herndon office at (703) 709-5800 or go to wolf.house.gov and click on "Academy Nominations" to complete an online Candidate Registration form.

The address of the Loudoun County School Board Office is: 21000 Education Court, Ashburn, Virginia 20146.

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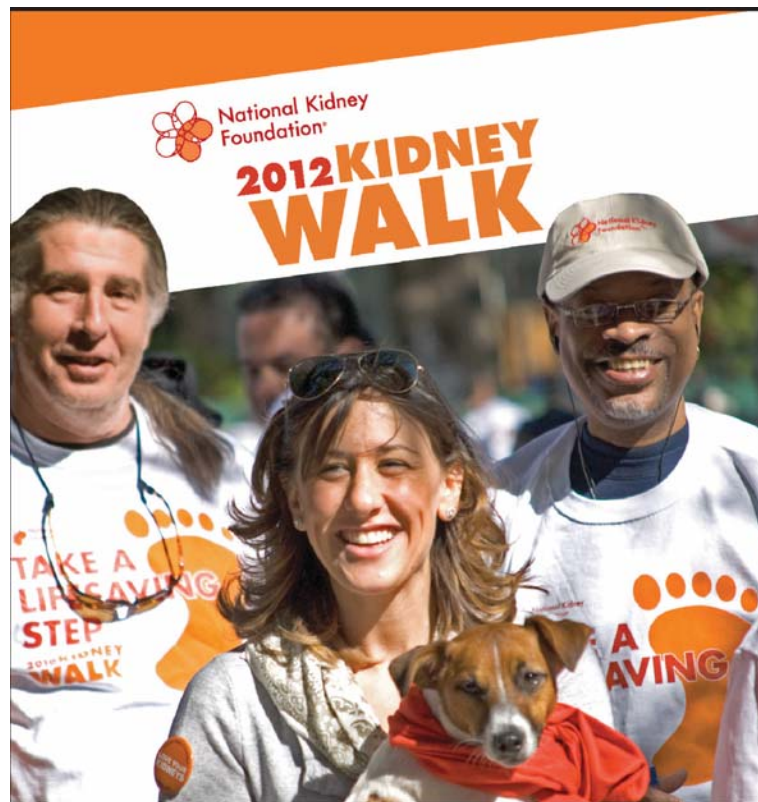
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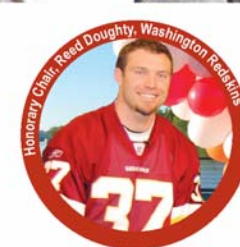


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OPINION

Please Share

Call for Mother's Day
Photos, and Father's Day.

Every year at this time, the Connection puts out the call for photographs of moms and their children, grandmothers and their children and grandchildren. Most years, we're lucky enough to receive some photos include four generations — great-grandma and all the rest.

Mother's Day is Sunday, May 13, and once again the Connection will publish a selection of Mother's Day photos, celebrating the mothers who make so many things possible in families, businesses, communities, schools and other institutions in local neighborhoods.

Email photos, including the full names of the people in the picture, the approximate date and location the picture was taken, the ages of the children and sentence or two about the people and/or event.

Father's Day is June 17; soon it will be time to send photos of Dads and children, grandfathers and children and grandchildren.

You can upload your photos on our website at www.connectionnewspapers.com/mothersday or email them to herndon@connectionnewspapers.com

Share Your Poetry: April Is Poetry Month

April is National Poetry Month. We invite local poets of all ages to send in submissions for inclusion in our papers and online. Are you a poet?

The Connection will print poetry submitted by readers this spring, and occasionally throughout the year. Email your poem to herndon@connectionnewspapers.com

Be sure to include the poet's name and address (we'll print your town name, not your full address). Photos of the poet are also welcomed.

COMMENTARY

Are We Still Slaves?

BY RABBI LEIBEL FAJNLAND
DIRECTOR OF CHABAD OF
RESTON-HERNDON

This Friday evening, April 6, Jews the world over will be celebrating the first night of Passover with a traditional meal called the "Seder." A ritual celebrated every year commemorating the Jewish people's exodus from Egypt 3,323 years ago.

Our ancestor's miraculous journey from oppression to freedom has served as a source of inspiration for many, including our own founding fathers. In fact, the first design for the official seal of the United States - suggested by Benjamin Franklin, depicted the Jews crossing the Red Sea. The motto around the seal read: "Resistance to Tyrants is Obedience to God."

A highlight of the Seder is the asking of the Four Questions. I, however, find myself year-after-year asking this question: what meaning does this ancient story and its associated ceremony hold for the average American in 2012? How can we look at events which transpired so long ago and still be spiritually inspired by them?

The answer lies in the Talmudic dictum: "In every generation a person must feel as if they were liberated from Egypt." In other words, we have a responsibility to

make this ancient tale regarding the escape from Pharaoh's bondage important to us living today in modernity. We achieve this by recognizing, that the imprisonment from which the ancient Hebrews sought emancipation is, conceptually, still present.

Slavery finds many forms and takes on various guises. In days of old, it was depicted by a whip toting task-master hovering over a slave with a chain wrapped around his ankle. Today, it can be found, for example, in our addiction to a certain negative trait or tendency, and our excruciatingly difficult experience in trying to "break free."

Perhaps it is being enslaved to things material, not being able to possibly fathom life without them. Are these not the modern-day equivalent of slavery?

Therefore, every year as we begin the holiday of Passover and the celebration of freedom, we are reminded that the stories we recount and the rituals we observe are as much about a commitment to the present as it is reminiscing about the past.

During this time of year we once again reaffirm our vow to fight all forms of bigotry and slavery, be they within or without. And, importantly, we pledge to devote ourselves to being positive members of society at a time when we all crave the most priceless blessing of all: peace on earth.



Rabbi Leibel Fajnlend

County Attracts New Residents

To the Editor:

When the Census Bureau released their American Community Survey of County-to-County Migration last week, I was happy to hear that Fairfax County was the number one destination for people moving to the Washington Metropolitan region. The migration statistics help demonstrate what many Fairfax residents already know: Fairfax County is a great place to live, work, play, and grow older comfortably.

Fairfax County is home to one of the best K-12 school systems in the country. We are also one of the safest jurisdictions of our size in the United States. Many top companies that have relocated here cite our top-flight education system as the number one reason for choosing Fairfax County as their new home. We are also a uniquely great place to start a business, a place where we can insure a stable business-friendly climate and access to a highly educated workforce.

Fairfax County offers an impressive menu of recreational opportunities, with attractive parks, golf courses, and bike trails to choose from. We also can claim a well-established arts community, world class shopping and dining, and numerous historical and cultural attractions.

It's important to recognize that Fairfax County is attractive to new residents because of our diversity. We are home to people of many different backgrounds and cultures and consider our diversity one of our greatest assets.

Apart from all of the statistics, facts, and figures, I believe there is another more intangible reason that Fairfax County tops the region

in new residents. Everywhere I go across the County, I continue to hear that people enjoy the "mood" here in Fairfax County. We are a community that is innovative, curious, resilient, and caring. Even during tough economic times we have worked together in a positive way to maintain the quality of life that our community values.

Sharon Bulova

Chairman, Fairfax County
Board of Supervisors

It Takes Community To Prevent Bullying

To the Editor:

As a private, not-for-profit agency focusing on bullying prevention and intervention in northern Virginia since 2009, we at Fairfax Partnership for Youth, Inc. are pleased to see your recent pieces focusing on this critical issue for youth ["Interrupting Harassment and Bullying: Empowering Bystanders to Intervene, Students to Set Boundaries," Connection, March 28-April 3, 2012]. We have been encouraged by the Fairfax County Public School System's efforts to provide a structure within which each individual school can improve its bullying prevention and intervention response, and have been pleased to offer feedback as they have developed it. However, this issue is not the concern of the schools alone; youth can be bullied anywhere they interact. And providing safe environments for them to interact is a tremendously complex job that requires the cooperation and leadership of all of the adults in the community, especially parents. We are hosting our third Bullying Pre

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Oak Hill & Herndon
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PHOTOS BY ROBBIE HAMMER/THE CONNECTION

The Oakton High School Jazz Band B performed at the annual Chantilly Invitational Jazz Festival on Saturday, March 17 with over 20 other area high school jazz bands.

Representing Oakton High



Jim Fuchs, a ninth-grader at Oakton High School, plays a solo while Oakton High School Jazz Band B performs at the annual Chantilly Invitational Jazz Festival on Saturday, March 17.



Maddie Rosenstein, a sophomore at Oakton High School, plays the piano for the Oakton High School Jazz Band B.



The trumpet section of the Oakton High School Jazz Band performs along with their band mates during the Chantilly Invitational Jazz Festival on Saturday, March 17 at Chantilly High School.

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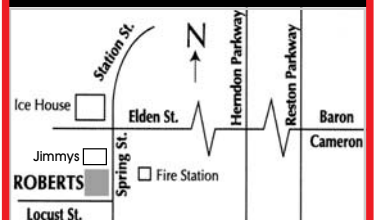
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India Rug	9'1" x 12'2"	\$3,520	\$2,500
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Bokhara Pakistan	8'3" x 10'3"	\$2,500	\$2,200
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Discussing Substance Abuse

VIEWPOINTS

The Connection high school interns – Nikki Cheshire (Langley High), Monika Bapna (Marshall High) and Mary Grace Oakes (Madeira) – asked area high school students:

- ❖ Do you feel that legal substances (alcohol, tobacco) are being abused more or less than illegal substances (marijuana, painkillers)? Why?
- ❖ Do you think regular drinking or irregular binge drinking is more prevalent in your community?

**Belle Therriault,
Grade: 10, Marshall High**



“I think legal substances are abused more. This is mostly because it is legal, and easier to get if people have older friends that they can get it from.”

“Irregular binge drinking definitely happens more because teenagers don’t have a steady flow of it so when they do they tend to drink too much.”



**Tracy Soon,
Grade: 11, Marshall High**

“Legal substances for sure are more abused. I mean, they are easier to get to and the illegal things probably cost more.”

“I think teens do regular drinking more. As they get older they want more freedom, so they go to more parties where alcohol is often free flowing.”

**Sophia Therriault,
Grade: 12, Marshall High**

“It really depends. Prescription drugs are something that kids abuse a lot. But it really depends on the age group.”

“Binge drinking, hands down. Teenagers usually don’t get a chance to drink very often, and when they do they often go overboard.”

—MONIKA BAPNA



**Annie Wattenmaker,
Grade: 12, The Madeira School**



“I think legal substances are abused more often since they’re easier to get and aren’t as risky. Although alcohol is illegal to teenagers, it isn’t as big a risk as weed or other illegal drugs. But, because alcohol is so easy to get, kids abuse it and don’t realize how dangerous it can be.”

“I’d say binge drinking is definitely more prevalent. On weekends, kids get so excited over the opportunity to drink and don’t know when to stop. It’s a problem when parents and the law absolutely forbid kids to drink wine at dinner, where the environment is safe. It causes them to feel a sense of freedom when they’re at a party over the weekend and they completely abuse the opportunity.”

**Makenzie Parent,
Grade: 12, The Madeira School**



“Alcohol is probably the substance that is most abused because it’s easiest to obtain.”

“I think many kids binge drink. Since parties are really the only place for kids to drink, they tend to go all-out because they feel like they need to cram everything into one night, which is inevitably more dangerous.”

THE COUNTY LINE

Substance	Overall		Grade			Gender		Race/Ethnicity ^a				
	FCPS		8 th	10 th	12 th	Females	Males	White	Black	Hispanic	Asian	Other/ Multiple
Alcohol	21.1		7.7	19.9	36.5	21.1	21.1	25.3	16.8	23.9	11.6	21.5
Binge Drinking ^b	10.5		2.6	8.9	20.5	9.4	11.6	12.6	8.7	12.5	5.2	10.4
Marijuana	10.3		2.4	10.0	18.9	7.5	13.1	11.5	12.7	11.7	5.0	10.7
Cigarettes	6.8		2.3	5.7	12.8	5.7	8.0	7.3	5.7	9.1	4.3	6.9
Painkillers without a doctor's order	5.7		4.9	5.7	6.5	5.7	5.7	6.3	5.8	5.8	3.6	6.9
Prescription drugs other than painkillers without a doctor's order	4.1		2.1	4.0	6.2	4.1	4.0	4.8	3.4	4.1	2.4	4.4
Inhalants	3.9		6.9	3.0	1.8	4.3	3.6	2.9	4.9	6.6	3.1	5.0
Over-the-counter drugs to get high	1.7		1.2	1.9	2.0	1.6	1.8	1.7	1.8	2.6	0.8	2.0
LSD or other hallucinogens	1.5		0.9	1.3	2.4	1.0	2.1	1.9	1.3	1.4	0.8	2.1
Ecstasy	1.2		0.8	1.1	1.7	0.8	1.6	1.3	1.3	1.1	0.8	1.8
Cocaine or crack	0.8		0.7	0.7	1.1	0.6	1.0	0.8	1.1	1.2	0.4	1.0
Methamphetamine	0.7		0.7	0.6	0.8	0.5	0.9	0.7	0.8	0.9	0.4	0.5
Steroids	0.6		0.8	0.6	0.5	0.4	0.9	0.5	0.7	0.9	0.5	0.8
Heroin	0.4		0.4	0.4	0.5	0.2	0.6	0.5	0.4	0.5	0.3	0.7

Notes. All percentages were calculated from valid cases (missing responses were not included).
^aRacial categories do not include Hispanic students who are treated as a separate category in this table. ^bBinge drinking was defined as having consumed five or more alcoholic drinks in a row within the past two weeks.

Percentage of students reporting use of selected substances in the past month, according to the 2010 Fairfax County Youth Survey.

County Aims to Prevent Substance Use and Abuse

Alcohol use down, painkiller and inhalant use on the rise.

BY ALEX McVEIGH
THE CONNECTION

THIRD IN A THREE PART SERIES.

Twenty-one questions in the 2010 Fairfax County Youth Survey dealt with substance abuse. The survey asked about lifetime use of alcohol, marijuana and cigarettes, as well as use in the past month of 13 different substances.

According to the survey, the most frequently used substance by Fairfax County students is alcohol, with 45.5 percent saying they had consumed it in their life, 21.1 percent reporting use in the past 30 days and 10.5 reported drinking five or more drinks in one sitting. While all those numbers are below the national averages, several community groups are at work trying to get them even lower.

“Quite simply, alcohol is a danger to their future,” said Diane Eckert, executive director of the Unified Prevention Coalition of Fairfax County, which recently received a \$200,00 state grant to reduce underage drinking. “Once you start drinking at a young age, you’re priming yourself to become dependant as you grow older, which of course we don’t want.”

Lifetime alcohol use in the county has decreased since the 2001 Fairfax County Youth Survey by 13.8 percent across all grades.

Access is a key part of the prevention mechanism, since students are under the age of 21 and cannot purchase it themselves. Many community groups reach out to places where alcohol is sold to increase awareness of the consequences of providing alcohol to minors.

“We participated in Operation Sticker Shock, which marks beer and wine at grocery stores with “Stop” signs to discourage shoppers from purchasing them for underage children,” said Debbie Withey, presi-

Presenting Realities of Alcohol Abuse

The Unified Prevention Coalition will present “The Perils of College Drinking Culture,” a program designed to educate students and parents about the realities of binge drinking on college campuses. The presentations will include a screening of the award winning documentary “Haze,” as well as a question and answer session with a panel of law enforcement, medical and legislative personnel.

The programs will take place:

- ❖ Tuesday, April 17, Fairfax High School
 - ❖ Tuesday, April 24, Herndon High School
 - ❖ Wednesday, May 16, Mount Vernon High School
 - ❖ Wednesday, May 23 at Northern Virginia Community College Annandale Campus Ernst Community Cultural Center
- All programs will be from 7 to 9 p.m. More information can be found at www.unifiedpreventioncoalition.org.

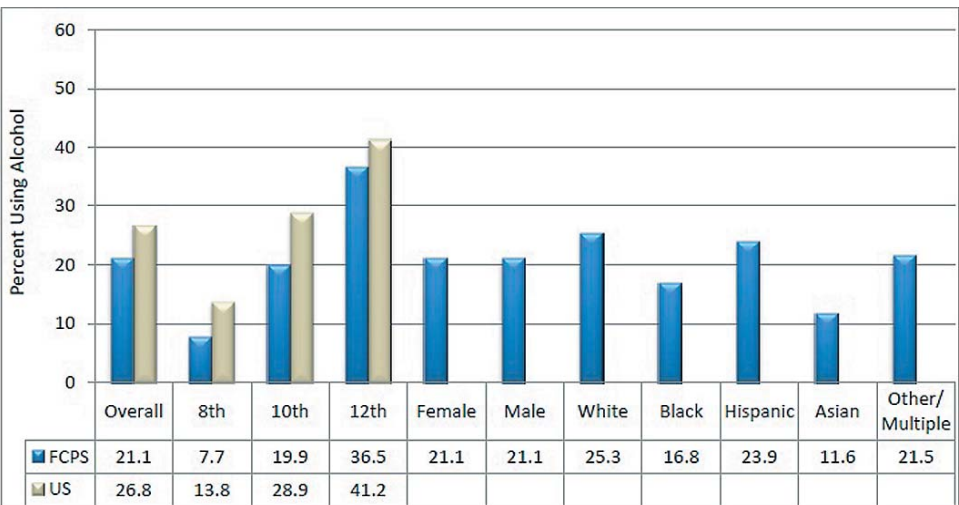
dent of the Safe Community Coalition, which served the Langley and McLean High School pyramids. “We also held a program where fifth and sixth graders wrote notes to juniors and seniors attending prom, reminding them that they are role models and asking them to make responsible decisions, especially when it comes to drugs and alcohol.”

Prescription drugs, particularly opioid painkillers, are a concern for the community since they can be readily available in students’ homes. Painkiller use has risen from 4.9 percent reporting use within 30 days in the 2009 survey to 5.7 percent in 2010. Non-painkiller prescription drug use has also risen from 3.9 percent within the last 30 days in 2009 to 4.1 percent in 2010.

“Prescription drugs abuse wasn’t even on our radar a few years ago, now it is because of the youth survey,” Eckert said. “We know we have to develop more awareness, because a lot of parents aren’t aware of the effect an unlocked medicine cabinet can have on teenagers.”

The rise has led to county-sponsored prescriptions drug drop-off events several times a year, where residents can bring medicine that is no longer needed to county facilities for proper disposal.

According to the survey, prescription drugs



Past month prevalence of alcohol use, by selected demographic characteristics, according to the 2010 Fairfax County Youth Survey.

cess, and can be something younger students try and experiment with.”

Inhalant use in the past 30 days has gone up and down since 2001, falling as low as 2.6 percent in 2008, but is currently at its highest measured rate. In eighth-graders, it has gone up by 1.5 percent since 2009.

Marijuana was the second-most used drug by 10th and 12th graders. While 5.3 percent of eighth graders reported using it, 19.3 percent of 10th graders and 36.7 percent of 12th graders reported the affirmative.

Eckert also said the UPC focuses on marijuana use because “the perception of harm and parental disapproval seems to be going down, and that usually leads to usage numbers going up.”

Coalitions like the Unified Prevention Coalition and the Safe Community Coalition are working on new ways to spread awareness of the dangers of substance abuse. Dr. Bill Geary of the Community Anti-Drug Coalitions of America recently spoke to school officials, police, parent organization leaders and coalition members about how to approach the problem.

“We use a Strategic Precognition Framework that’s based on the Public Health Model, where we look at the agent as the substance that causes the change and the host as the people who use it,” he said. “The point at which the host interacts with the agent is a problem, but if that was the only one, we’d only need prevention programs. But we also have to look at the environment, and some are easier than others when it comes to allowing the host to interact with the agent.”

Geary said that programs, while often a part of a comprehensive prevention strategy, coalitions play a more central role in what he called “community level change,” which requires looking at the whole picture, the host, agent and environment.

“If the goal is to spread change to impact the maximum amount of people, then a community level change is most likely with a comprehensive community coalition,” he said. “A coalition does not just run programs, but they oversee and implement what role programs might have in that strategy. Coalitions are in a unique position because it means no one single agency is in charge of everything.”



**Kristen Bilowus,
Grade: 12, The Madeira School**

“I think legal substances are more commonly abused mainly because of their accessibility. Cigarettes are easiest to come by, and many kids either have or know someone who has a fake ID to buy alcohol. This leads to a very widespread abuse of alcohol by kids in our area. Illegal drugs are less common, but are enticing to kids because of the danger surrounding them. Often, drinking and cigarettes lead to abuse of illegal substances. Peer pressure at parties combined with intoxication can lead to skewed decision making and maybe illegal drug use.”

“Irregular binge drinking is more prevalent. Kids drink at parties to be social, rather than by necessity. I wouldn’t say I know anyone that drinks regularly by necessity.”

**Jennifer Oler,
Grade: 12, McLean High School**



“I think that both illegal and legal substances are being used the same. Lots of kids at this age drink alcohol and smoke marijuana.”

“I definitely think it is prevalent in my community.”

—MARY GRACE OAKES



**Miles Laubinger,
Grade: 12, Langley High School**

“Different things run in different crowds. Alcohol is more prevalent, but the illegal drugs are more of a problem because people that buy prescription drugs off the street run the risk of encountering shady people instead of just store clerks.”

“You run into both regular drinking and binge drinking, depending on the responsibility of the individual. Big team parties have more binge drinking versus someone who does it responsibly.”

**Gabrielle Zuccari,
Grade: 11, Langley High School**

“Alcohol is probably the most common, but it depends on what group you’re in more than anything. It definitely seems like alcohol and cigarettes are easier to get than, say, marijuana.”

“There’s a fine line for kids our age between regular and binge drinking. I do think that casual drinking is more popular, but it depends on the group and the environment.”



**Michaela Burton,
Grade: 10, Langley High School**



“I think it’s probably easier for people to get their hands on legal substances, like from convenience stores or even at home. There certainly is a lot of usage of both, but I think legal drugs are abused more.”

“Binge drinking, since more people just drink and don’t think about it. I don’t think teenagers have the self-control to just have one drink for dinner.”

**Norah Bazarov,
Grade: 11, Langley High School**

“Illegal drugs are probably used less, because you have to ask around for it. Legal drugs are easy to get because they’re sold by a lot of people. Also, a lot of families have alcohol around the house, not marijuana.”

“Regular drinking happens more often, because you can just sit down with a group of friends. It’s more casual.”

—NIKKI CHESHIRE



Herndon Baseball Off to Fast 4-0 Start

Hornets spending spring break week in Myrtle Beach; South Lakes baseball notches first win.

BY RICH SANDERS
THE CONNECTION

The Herndon High baseball team is spending its spring break week competing in a tournament in Myrtle Beach, S.C. The Hornets, who won their first three games of the season prior to making their trip down south, saw their record improve to 4-0 with a 13-5 win over Monticello High (Charlottesville) this past Saturday, March 31 in its first of three scheduled games in the Gamecock state.

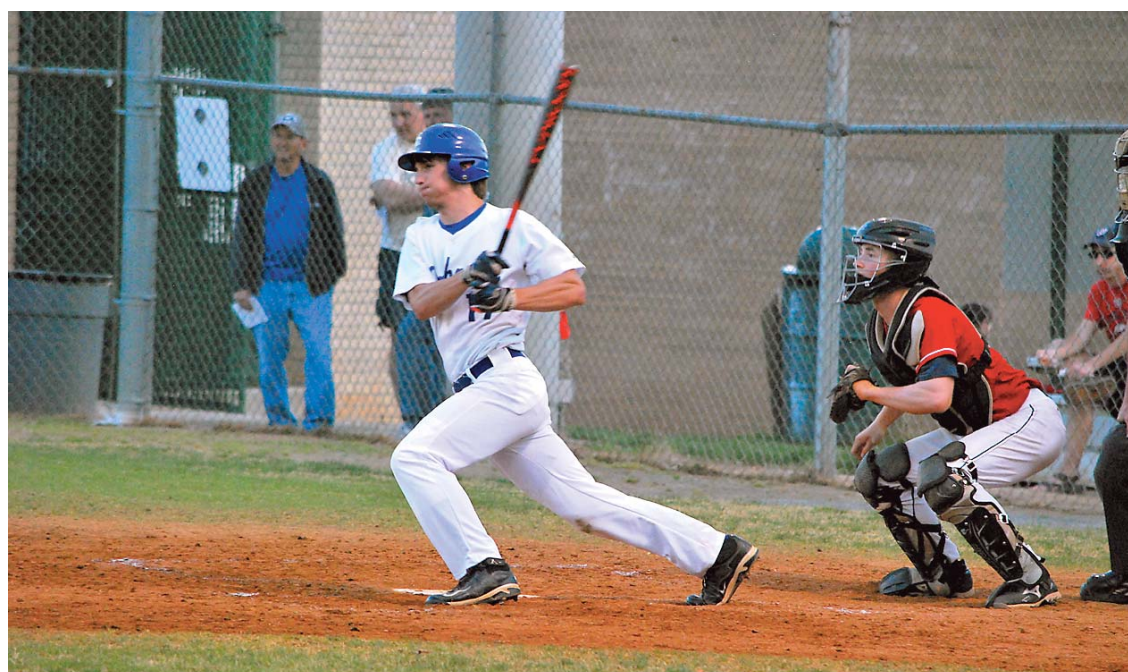
Herndon was scheduled to play games versus Pickerington High School North (Ohio) at 8 a.m. on Tuesday, April 3 of this week, and Hancock County High (Lewisport, Kent.) on Thursday, April 5 at 3 p.m. Herndon's spring break games are taking place at Griffith Stadium at the Cal Ripken Experience facility in Myrtle Beach.

In the win over Monticello, a Region II member of the Jefferson District in Virginia, Herndon scored four runs in the first inning before breaking the game open with seven more in the fourth inning. Herndon starting pitcher Zach Wallace pitched six strong innings to earn the win for the Hornets. Addison Wright wrapped things up with one inning of relief work in the seventh.

In Herndon's four-run bottom of the first inning, Hornet highlights included an RBI single by Parker Hill and a pair of double steals by Herndon base runners.

Monticello scored three runs in the top of the third inning to get within 4-3. But Herndon blew the game open a little later in the bottom of the fourth. The big base hit of the inning was a bases-clearing, three-run double to deep left center field by Austin Schnarrs (3 hits, 4 RBI).

Monticello, trailing 11-3, scored two runs in the fifth. Herndon tallied single runs in the fifth and sixth, the latter on an RBI single by Wright (3 singles, 2 RBI), to create the final score.



Senior outfielder Michael Francis makes contact at the plate for the Seahawks.

Matt Smith had three hits for Herndon and Hill had two RBI. In all, the Hornets knocked around 16 hits in the win.

Through Herndon's first four games this spring, Schnarrs was batting a team-leading .667 with nine RBIs and a home run. On the pitching mound, the Hornets were receiving solid production from Wright, Zach Wallace, and Tyler Reif.

The spring break games will be a nice prep for Herndon's tough, upcoming Concorde District schedule which will begin next week with a pair of games versus visiting Oakton on Tuesday, April 10 and at Centreville on Friday, April 13. The Hornets, in between those two district games, are also scheduled to play at home versus non-Northern Region opponent Loudoun Valley High on Wednesday, April 11.

"I think our district is going to be very tough and any team is capable of winning it," said Herndon head coach Greg Miller, whose team enjoyed a winning season last year. "At the end the team that has the best pitching and defense will probably win the district. I think we are very capable of winning the district this year but every night will be a battle. Any team in our district is very capable of winning it all." Prior to its spring break trip, Herndon had opened the season with three wins - 13-3 over local rival and host South Lakes on March 16; 10-0 over visiting Broad Run on March 19; and 8-2 over the same Broad Run team in Ashburn on March 26.

South Lakes Baseball

Notches First Win of Season

After losing a lopsided Liberty District game at McLean High on March 20, the South Lakes Seahawks bounced back with an exciting come-from-behind 6-5 win over visiting district opponent Thomas Jefferson High on Friday, March 23. The Seahawks, who improved to 1-2 with the victory over the Colonials (1-2), trailed 5-1 in the third inning against Jefferson and starting pitcher Michael Chan.

But South Lakes stormed back with a multi-run bottom of the third inning, a key hit coming on a two-run homer by senior Billy McLaughlin. Other big at-bats in the inning came from junior Hayden Hall, who knocked a sacrifice fly, and freshman Kyle King, who hit a game-tying RBI single.

McLaughlin (1-1), the Seahawks' starting pitcher, responded to his team's four-run rally with consecutive 1-2-3 innings, throwing only six pitches in each stanza. After escaping a jam in the top of the sixth inning, the Seahawks, in a 5-5 tie, scored the game-winning run in the bottom half of the sixth on an RBI double by McLaughlin.

The Seahawks' sixth inning opened with a leadoff single by sophomore Justin Cosing, who then stole second. That was followed by McLaughlin's RBI two-bagger.

On the mound, McLaughlin had a strong outing, shutting down Jefferson over the final four innings and earning the complete game win.

The Seahawks are a young team, comprised of six freshmen and

sophomores, but veteran head coach Galvin Morris has the resilient team playing inspired baseball.

Friday was the second of four 'Free Admission Friday' games this spring season at South Lakes, where youngsters wearing their official Little League or Cal Ripken League game jerseys, or sporting South Lakes' blue and green team colors, are admitted free with a paying adult. The next 'Free Admission Friday' is scheduled for April 13 when South Lakes will host district opponent Fairfax High. Adding to the special Friday night game versus the Rebels, South Lakes and its fans will celebrate 'Youth Baseball Night,' with youth players getting into the game for free as well as enjoying special activities and giveaways.

SOUTH LAKES, following the comeback win over Jefferson, had good momentum and nearly defeated red-hot Langley four days later, losing 6-5 in the district home game played on March 27.

SPORTS ROUNDUPS

The All-Virginia State Girls' Basketball Team was named recently. Caroline Coyer, the Oakton High senior guard who helped the Cougars capture their first-ever state AAA title this past season, was named Co-Player of the Year, along with Woodside's Adrienne Motley.

Katherine Coyer, meanwhile, was named to the Second Team, as was West Springfield High's Logan Battle. Katherine Coyer, twin sister of Caroline, was this year's Northern Region Tournament MVP.

Two other Northern Region players made the All-State Team - Fairfax High's Liz McNaughton (Honorable Mention) and Edison High's Ruth Sherrill (Honorable Mention).

In all, seven players made first team, five made second team, and eight made honorable mention.

Last week's Top 10 high school baseball poll, as selected by the Northern Region Coaches, was as follows: Lake Braddock (1); Madison (2); South County (3); Oakton (4); West Springfield (5); McLean (6); Robinson (7); Westfield (8); Centreville (9); and Langley (10).

PHOTO BY JOE McDERMOTT

NEWS



PHOTO BY KELLY HORNE

Andy Burnham, Bob Sutter, Reverend Stephen Smith-Cobb, Principal Ann Gwynn, Reading Resource teacher Jill Silton and Reverend Rebecca Messman.

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Thursday, April 5

- Morning Prayer at 7:00 a.m. in the Chapel
- Maundy Thursday Service of Holy Communion 7:30 p.m.

Friday, April 6

- Good Friday Vigil from 12:00-3:00 p.m. Chapel
- Good Friday Service of the Draping of the Cross 7:30 p.m.

Sunday, April 8

- Two Easter Sunday Worship Services with Holy Communion at 8:30 and 11 a.m.
- Outdoor Children's Easter Egg Hunt at 10:00 a.m.
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To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to: herndon@connectionnewspapers.com

Or to mail photo prints, send to: The Oak Hill/Herndon Connection, "Me and My Mom Photo Gallery", 1606 King St., Alexandria, VA 22314

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Easter Agape Service
Sunday, April 15th 11:00 am

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held during Holy Week



For the complete list of Holy Week Services, go to
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ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com.
Deadline is Thursday for the following week's paper. Photos/
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THURSDAY/APRIL 5

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www.eldenstreetplayers.org.

Ringling Bros. and Barnum & Bailey Circus. 7 p.m.
George Mason University Patriot Center, 4500 Patriot
circle, Fairfax. "Fully Charged." Pre-show Party one hour
before show time, free to ticket holders. \$14-\$30. 800-551-
SEAT or www.ticketmaster.com.

Comedy Night. 8:30 p.m. p.m. Sully's, 14513 Lee Jackson
Highway, Chantilly. Every Thursday. 703-818-9292 or
mysullys.com.

George Winston. 8 p.m. The Barns at Wolf Trap, 1551 Trap
Road, Vienna. New Orleans R&B oriented, melodic folk
piano and stride piano. Includes canned food drive. \$35.
www.wolftrap.org.

Peter Fraize: Art of Improvisation. 2 p.m. Reston
Community Center, Hunters Woods, Center Stage, 2310
Colts Neck Road, Reston. Freestyle jazz by a saxophonist
and director of jazz studies at George Washington
University. Free. 703-503-3384 or -476-4500.

Reptile Wonders. 1:30 p.m. Oakton Library, 10304
Lynnhaven Place, Oakton. Meet and learn about these
animals with Reptile Wonders' Nature Center on the Go.
Age 6-12. 703-242-4020.

One-on-One Computer Tutoring. 2 p.m. Oakton Library,
10304 Lynnhaven Place, Oakton. Learn the basics of the
Internet, Word and Excel. Call for appointment. Adults.
703-242-4020.

One-on-One English Practice. 2 p.m. Oakton Library,
10304 Lynnhaven Place, Oakton. Call for appointment with
an ESL volunteer. Adults. 703-242-4020.

eBook/eReader Instruction. 7:30 p.m. Oakton Library,
10304 Lynnhaven Place, Oakton. Learn about library
ebooks and how to access them with your compatible
device. Call for appointment. Adults. 703-242-4020.



Mixed media abstract by H. Jenna Klimchak of Oakton. The ValeArts Spring Show, "Full Spectrum," will be at the Vale Schoolhouse, 3124 Fox Mill Road in Oakton from May 4-6. There will be an artists' reception on Friday, May 4 from 7-9 p.m. The exhibit features nine local artists working in a variety of media. Free admission. www.valearts.com.

SEE ENTERTAINMENT, PAGE 13

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ENTERTAINMENT

FROM PAGE 12

FRIDAY/APRIL 6

“Glengarry Glen Ross” by David Mamet. 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Four small-time real estate agents making questionable business deals. \$20.
www.eldenstreetplayers.org.

Ringling Bros. and Barnum & Bailey Circus. 1 p.m. and 7:30 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

George Winston. 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. New Orleans R&B oriented, melodic folk piano and stride piano. Includes canned food drive. \$35.
www.wolftrap.org.

VIP Reston. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Support group for visually impaired persons. Adults. 703-689-2700.

SATURDAY/APRIL 7

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 circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

“Aladdin and the Wonderful Lamp.” 11 a.m. and 2 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. The Elden Street Players in a story about Aladdin, a poor boy who gets tricked by an evil magician.
www.eldenstreetplayers.org.

“Glengarry Glen Ross” by David Mamet. 8 p.m. Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Four small-time real estate agents making questionable business deals. \$20.
www.eldenstreetplayers.org.

SUNDAY/APRIL 8

Ringling Bros. and Barnum & Bailey Circus. 1 p.m. and 5 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

FAITH NOTES

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

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, will share the last week of Christ through the cantata, “The Lenten Sketches,” on Friday, April 6 at 7:30 p.m.

It consists of six movements that follow Christ’s ministry and life during Holy Week.

MONDAY/APRIL 9

Frying Pan Farm at Reston Regional Library. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Meet a spring lamb, card home-grown wool and create a wooly craft to take home. Age 6-11. 703-689-2700.

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

Brain Games. 3:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. After-school drop-in program. Play chess, Blokus, Battleship, Rush Hour and more. Age 6 and up. 703-242-4020.

TUESDAY/APRIL 10

Ballet Class. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Beginning ballet technique for strength as well as balance and rhythm. No younger or older siblings permitted. 4-5 . 703-689-2700.

Great Decisions Roundtable Discussion. 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Discussion of U.S. and International issues. This month the topic is the exit from Iraq and Afghanistan. Adults. 703-689-2700.

Read to the Dog. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read aloud to a trained therapy dog. Bring a book or choose one from the library. Call or sign up online for a 15-minute session. Age 6-12. 703-689-2700.

One-on-One Computer Tutoring. 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for an appointment. Adults. 703-242-4020.

Money Matters. 7:15 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The Little Book of Sideways Markets: how to make money in markets that go nowhere by Vitaliy Katsenelson. Adults. 703-242-4020.

WEDNESDAY/APRIL 11

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy’s Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-

5206. www.jimmystavern.com.

Dan Navarro and Tracy Grammer. 8 p.m. The Barns at Wolftrap, 1635 Trap Road, Vienna. \$20.
www.wolftrap.org.

Reston Book Club. 1 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Eye of the Needle by Ken Follett. Adults. 703-689-2700.

Finding Your Fit on the Roller Coaster of College Admissions. 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Identify colleges that meet your child’s needs. Age 13 and up. 703-689-2700.

THURSDAY/APRIL 12

2012 Best of Reston. 6 p.m. Hyatt Regency Reston, 1800 Presidents St., Reston. The 21st Annual Best of Reston Awards honor businesses, organizations, and individuals who have shown commitment to community service and improving the lives of others. Proceeds support the programs and services of Reston Interfaith. Reserve at 571-323-9572 or ali.robbs@restoninterfaith.org.

Violinist Sonya Hayes with Frank Conlon. 2 p.m. Reston Community Center, Hunters Woods, Center Stage, 2310 Colts Neck Road, Reston. Free. 703-503-3384 or -476-4500.

Ringling Bros. and Barnum & Bailey Circus. 7 p.m. George Mason University Patriot Center, 4500 Patriot circle, Fairfax. “Fully Charged.” Pre-show Party one hour before show time, free to ticket holders. \$14-\$30. 800-551-SEAT or www.ticketmaster.com.

Comedy Night. 8:30 p.m. Sully’s, 14513 Lee Jackson Highway, Chantilly. Every Thursday. 703-818-9292 or mysullys.com.

Robbie Schaefer and Ellis Paul. The Barns at Wolftrap, 1635 Trap Road, Vienna. \$18.
www.wolftrap.org.

Baby Steps Storytime. 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 12-23 months with adult. 703-689-2700.

Book Discussion Group. 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. Adults. 703-689-2700.

One-on-One Computer Tutoring. 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

7:30 p.m., April 5, Church Sanctuary.

♦**Good Friday Service.** Friday, April 6. 7:30 p.m., April 6, Church Sanctuary.

♦**Children’s Easter Egg Hunt.** April 7, 10 a.m.-12 p.m. Vale Fellowship Hall. Easter story, games, refreshments, and egg hunt. Bring a basket.

♦**Easter Sunrise Service.** Sunday, April 8. 6:45 a.m. Outdoor service led by Vale Youth.

♦**Easter Worship Services.** Sunday, April 8. 8:30 a.m. and 10 a.m. Church Sanctuary.

A free-will offering will be taken to benefit Floris UMC’s local outreach programs. Floris UMC worship services are at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

Vale United Methodist Church, 11528 Vale Road in Oakton, invites everyone to their Holy week activities. 703-620-2594 or www.valechurch.org.

♦**Maundy Thursday Service with Communion.** Thursday, April 5.

LETTER TO THE EDITOR

FROM PAGE 6

vention Symposium to promote this kind of community-wide cooperation on April 25, and all 224 seats were reserved within 1 week of the day we opened registration. It’s clear

our community is dedicated to eliminating bullying, but we must all contribute to the effort, by learning, sharing what works, and supporting the local schools and private organizations that are working hard to provide clear so-

lutions that promote respect and understanding among youth.

Kristen Brennan
Executive Director, Fairfax Partnership for Youth, Inc.
www.fairfaxyouth.org

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Desserts Cheesecake Chocolate Cake	Side Dishes Green Beans Almondine Rice Pilaf

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-Andrew Jackson

21 Announcements

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Larry Jannes,
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21 Announcements

OBITUARY NOTICE
CATHERINE ELIZABETH REASKE, formally of New
York and Chicago, age 54 died on March 29, 2012 at Reston
Hospital Center in Reston, VA.
She was born on March 17, 1958 in Queens, New York to
Eugene Vincent Otto and Mary Eleanor Murphy.
Catherine had a passion for fashion along with a great desire
for learning. She loved her animals, loved cooking and loved
her two boys dearly. She traveled all over the world enjoying
and learning different cultures and spending time with friends.
Preceded in death by her father: Eugene Vincent Otto.
Survivors include her loving husband of 29 years: Peter Daniel
Reaske of Chantilly, VA; her loving sons: Trevor Gray and
Ryan Eugene Reaske both of Chantilly, VA; her loving mother:
Mary Murphy of Gainesville, Virginia and a host of loving and
adored family and friends.
In Lieu of flowers, the family has requested memorial contribu-
tions be made to: www.donate.ASPCA.org. In loving memory
of Catherine E. Reaske. Condolences may be sent to:
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Infusing Is Semi Amusing



By KENNETH B. LOURIE

So here I go again; heavy-duty chemotherapy for the first time in nearly three years. As such, I thought I'd try and write another column while actually sitting in the Barcalounger at The Infusion Center (as I did three years ago: "Chemo-Cocktailing at the Depot" was that column's title) and see what my pen has to say. This is not my first return engagement, however. I have been at this Center nearly every three weeks for the past two and one-half years while being infused with my maintenance drug, Avastin, until a few months back when a diagnostic scan indicated some "progression." Consequently my oncologist decided to restart the "big" chemotherapy, as I call it, and move on to plan "B." Moreover, I have made multiple other visits here for miscellaneous scans, doctor's appointments and Emergency Room visits; I know the route – and I know the routine. "On the whole, I'd rather be in Philadelphia" (as was intended to be W. C. Fields' epitaph), but I'm not. I'm in Rockville. And presumably, my time spent here has kept me alive, way beyond my oncologist's original "13-month to two-year" prognosis, for which I'd be crazy to complain. And those who know me know I don't complain.

I do kid though. And as a cancer patient who's been characterized/determined/diagnosed as "terminal" (when your oncologist advises taking "that vacation you've always dreamed of," you're terminal), the bloom is definitely off the rose; and as Dorothy said to Toto in "The Wizard of Oz": "We're not in Kansas anymore." Nor am I. We're in Maryland and we're in trouble. Considering the fact that stage IV lung cancer patients rarely live beyond five years, and I'm now at the beginning of year four (miraculous in and of itself, I'm told), if ever there was a time to retain one's sense of humor, it would be, in my opinion, when facing the kind of adversity that statistically speaking, I'm likely to face in the unfortunately not-too-distant future.

But as a lifelong Boston Red Sox fan, hope springs eternal. And just as Red Sox Nation was rewarded in 2004 and again in 2007 with World Series Championships breaking the 86-year-old "Curse of the Bambino," stranger things have happened. Apparently one of which is yours truly still being alive after my oncologist "prognosed" in March of '09 that I'd likely be otherwise engaged by now, so I am a believer. In fact, I'm living proof. However, there are hardly any guarantees here. There are, as I sit in this room with half a dozen other individuals being similarly infused, lots of hope and fear – and anxiety. If one doesn't embrace – or find humor somewhere, while enduring this excruciating mental ordeal, one would be neglecting, anecdotally speaking, the least expensive and most effective treatment available. Humor might not heal, but it likely will do more good than harm; the chemotherapy, in its infinite design wisdom and effect, is probably doing enough of that. As my Publisher – and fellow cancer survivor, Mary Kimm, is fond of saying about chemotherapy: "Kenny, they're poisoning you, that's why you feel the way you do."

But three years later, apparently the chemotherapy has done/is doing enough of its tumor-fighting/shrinking thing to keep me in this chair. And though it may not be my first choice – of where I'd rather be, I'm grateful that at least I still have a choice I'm able to make.

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



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