

Reston CONNECTION

Children are unleashed in Brown's Chapel Park during the annual Eggnormous Egg Hunt Saturday, March 31. More than 100 children participated in the event, which was hosted by the Reston Community Center.

Egg Hunting In Brown's Chapel Park

NEWS, PAGE 19

Wellbeing
PAGE 18

Future of Silver
Line Discussed
NEWS, PAGE 3

Real World Comes
To South Lakes

NEWS, PAGE 3

PRSRRT STD
U.S. POSTAGE
PAID
MARTINSBURG, WV
PERMIT #56

APRIL 4-10, 2012

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM



From left, Sophia, Isabella and Amelie Clarke of Reston model the “twirlability” of the Clarke Collection reversible skirts at The Campagna Center’s 13th annual Toast to Fashion fundraiser, held Thursday, March 22 at the Belle Haven country Club. Mom Veronica Clarke launched the children’s apparel and accessories business last year.



From left, Allison Priebe Brooks, owner of Queen Bee Jewelry Designs in Alexandria, her father, Louis Victor Priebe of Springfield, and Kate Michael, former Miss D.C. 2006 and president of K Street Kate, during the 13th annual Toast to Fashion fundraiser for The Campagna Center, held Thursday, March 22 at the Belle Haven Country Club.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

All That Glitters

The Campagna Center’s annual Toast to Fashion fundraiser sparkles with fashion, food and fun.

With glittering displays of spring’s hottest fashion trends and most coveted accessories, the ballroom of the Belle Haven Country Club was transformed into a fashion-lover’s dream during the Campagna Center’s 13th annual Toast to Fashion on Thursday, March 22.

The Toast to Fashion, the Campagna Center’s premier fundraiser, combines a fashion show, marketplace, raffle, and reception with all proceeds supporting the center’s childhood-development programs. Guests got a peek at some of the hottest spring trends (think pink and rainbow-brights) from local boutiques, including Haute Papier, Queen Bee Designs, Skinfinity and The Dressed Up Nut.

“We had well over 200 guests and great participation from numerous local business establishments,” said Tammy Mann, president and CEO of the Campagna Center. “The Toast to Fashion provides an opportunity for the community to learn about programs of the center, and the volunteers we rely on to help raise funds for our work.”

The Campagna Center, which has been serving children in Alexandria since 1945, operates a range of childhood-development programs, including Early Head Start, Afternoon Adventures and Summer Safari, as well as adult and family literacy programs. Each year, the center’s teachers, staff and volunteers help more than 1,700 children and families.

Many of the center’s programs, such as Head Start and Early Head Start, are federally-funded programs that also require a local match.

“Every bit helps us close the gaps we have to fund

2012 Toast to Fashion Award Honorees

♦The Golden Halo Award, which recognizes a member of the Campagna Center who has demonstrated a selfless commitment to fundraising. Honoree: Allison Priebe Brooks, owner of the Alexandria jewelry-design firm Queen Bee Designs.

♦The Barbara Pratt Lee Heart of Gold Award, which recognizes a member of The Campagna Center who has demonstrated leadership and personal dedication to the advancement of the center’s mission. Winner: Nicole Duncan, catering and special events director of the Belle Haven Country Club.

♦The Anne Culbert Legacy of Service Award, which recognizes a member of the community who has supported the center through a sustained legacy of dedication, spirit and influence: Carrie Owens Garland.

♦The Unsung Hero Award, created to honor those who have given their time and expertise as a Junior Friends volunteer. The first Unsung Hero Award was presented posthumously to Elizabeth Pignatello, 39, who died in August 2011, in a small aircraft accident. Her mother, Enid Robinson, and her daughter, Bella Pignatello, accepted the award in her honor.

these much-needed services. Just this week we had hundreds of parents show up to register their child for a space in Head Start this coming fall,” Mann said.

The event was hosted by the Junior Friends of the Campagna Center, and featured a fashion show emceed by ABC7 Sports reporter Britt McHenry. Laura Hartman and Jeannine Hyde co-chaired the event.

“This is not only a fun event, but a special event, because everyone here is helping make the future a little brighter for the children and families served by The Campagna Center,” said Kate Michael, former Miss D.C. and president of K Street Kate, an online lifestyle magazine and talk show.

For more information on The Campagna Center’s programs, go to www.campagnacenter.org.

— VICTORIA ROSS



PHOTO BY ANGELA BALLARD

Lt. Rodney Vaughn, Master Technician Anthony Doran, Technician Lawrence Mullin and Master Technician Christopher Williams of Fire Station 18 were presented the Bronze Medal of Valor Award March 21 for their rescue efforts last September during flash flooding at the intersection of Stuart Mill Road and Birdfoot Lane in Reston.

Above and Beyond

Firefighters honored for Reston rescue efforts.

BY JEANNE THEISMANN
AND ALEX MCVEIGH
THE CONNECTION

The water was swiftly rising at the intersection of Reston’s Stuart Mill Road and Birdfoot Lane as deadly flash flooding surged throughout Fairfax County on Sept. 8, 2011. Two vehicles stranded at the intersection were quickly swept out to a tree line 150 feet into the water with a family of three and a single driver still inside.

With no safety lines or rescue boats available, Fire Station 18 first responders Lt. Rodney Vaughn, Master Technician Anthony Doran, Technician Lawrence Mullin and Master Technician Christopher Williams battled the waist deep and rapidly rising water and debris to bring the occupants to safety. On March 21, the four were recognized for their heroism with Bronze Medals of Honor at the Fairfax County Chamber of Commerce Valor 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 Depart-

ment, 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.”

Future of Silver Line Discussed

Panel discusses labor agreements, Loudoun County's decision.

BY ALEX McVEIGH
THE CONNECTION

The Greater Reston Chamber of Commerce hosted a panel discussion in Reston Wednesday, March 28 about the future of Phase Two of the Metrorail Silver Line. The discussion featured Virginia Secretary of Transportation Sean Connaughton, Fairfax County Board of Supervisors Chair Sharon Bulova, Loudoun County Board of Supervisors Chair Scott York and Metropolitan Washington Airports Authority President Jack Potter.

Connaughton said the subject of a Project Labor Agreement, which would put conditions on the companies and employees building the rail, has been a point of contention during the process.

"There's a great deal of concern that Virginia companies could be excluded from being able to competitively participate in the procurement," he said. "In Virginia, we have some fairly large project going on, the 495 HOT lanes has a PLA on it. But what happens after the procurement is awarded is essentially between those contractors and their employees about how they move the project forward. But the government mandating it up front is something we just did not find acceptable."

Potter said he was confident that MWAA would adapt to changes as needed, and pointed to recent examples.

"The MWAA board has made decisions that I think are indicative that they are listening. They went from a below-ground to aboveground station, there were concerns raised about a mandatory project labor agreement, we worked very hard... to fashion a mandatory PLA that at the time was compliant with Virginia law," Potter said. "It was suggested that a mandatory PLA was not the desire of the commonwealth and the board reacted to that and followed through with a voluntary PLA with incentives."

IN LOUDOUN COUNTY, seven of the nine supervisors are newly elected. The Loudoun board has been given extra time before their vote so their members can get themselves up to speed. York said he hoped that the plan will pass.

"If we fail to invest in this project to get it into Loudoun County then we will not become what we have planned to be in our comprehensive plan," said York, who is in his fourth term as chair. "This is our pipeline to Washington, D.C., to bring employees in, to take our constituents who work all the way in Washington in and out quicker and not have to be stuck in traffic. This is a huge quality of life issue. Yes, it is going to cost us today, but it's going to cost



From left, Virginia Secretary of Transportation Sean Connaughton, Fairfax County Board of Supervisors Chair Sharon Bulova, Loudoun County Board of Supervisors Chair Scott York and Metropolitan Washington Airports Authority President Jack Potter speak at a Greater Reston Chamber of Commerce event Wednesday, March 28.

PHOTO BY ALEX McVEIGH/THE CONNECTION

us a heck of a lot more in future years."

Bulova said that Loudoun's decision will have an impact on how Fairfax County moves forward.

"I hope that Loudoun County's decision is positive, they've been a partner with us from the beginning of the project," she said. "If that turns out not to be the case we'll have to go back to the drawing board and look at the project and how things might change. It would be a less expensive project because there would be fewer stations, and the project would not extend all the way into Loudoun, but we'd have to take another look at the funding agreements and the legality of any changes that would need to happen."

Potter echoed Bulova's optimistic tone.

"We at MWAA are very hopeful that we'll be able to take the rail all the way out to Loudoun. Should they opt out, and we hope that would not be the case, we would get together with our partners and look at what options are out there. But we made a commitment, long before I got here, that we were going to take the rail to Loudoun, and that's my first priority."

MARK INGRAO, president of the chamber, said he and its members remain committed to seeing the Silver Line finished.

"This is one of the most important development projects in this region in decades, and will have lasting implications for years to come," he said. "All the businesses I speak to, who have invested in the special tax district in Reston, believe this project was never intended to be rail to Reston, it was intended to be Rail to Dulles and beyond."

Bulova said Fairfax County is prepared if the Loudoun County Board of Supervisors decide to move forward.

"Assuming that Loudoun indicated their willingness to continue participating in the project, Fairfax County will have this on our April 10 meeting," she said. "Assuming all those positive things happen, we expect to be ready to start negotiating with developers and folks who are interested in partnering with us probably in the summer, starting June or July."

"Yes, it is going to cost us today, but it's going to cost us a heck of a lot more in future years."

— Supervisors Chair Scott York



PHOTO BY AMIEE FREEMAN

Sumaiya Sharieff and Mahrukh Chowhan talk with John Higbee and Willis Twum of Dominion Power about a career with the electric utility company. Both students said they were just exploring different career options.

Real World Comes to South Lakes

More than 55 careers represented at Career Expo.

BY AMIEE FREEMAN
THE CONNECTION

More than 55 careers were represented Monday, March 19 at South Lakes High's Second Annual 10th Grade Career Expo. The careers represented ranged from electricians to Internet technology, said Elizabeth Vandenburg, South Lake's PTSA community outreach representative.

"The goal of this activity is to bring the real world into the building. It is also to show the students that, yes, you do have to study math and English and this is why. It is also to have them thinking about two years from now when they will be entering this world and making sure they know now what skills they will need," said Vandenburg.

The students participating in this career fair began thinking of potential careers years ago. "The push now is in kindergarten to really start talking about careers," said Davina Johnson, director of student services.

Despite this early push many South Lakes sophomores said they weren't really sure of what kind of career they are interested in pursuing.

Tyler Hutson, Tyler Chronister, Tyler Gallagher and Adam Gorgos checked out the table hosted by the Fairfax County Police Department. Officer Matthew Willert shared with the students information about the Police Department's Explorer Program which "works with youths 15 to 20 year olds to give them a glimpse of what law enforcement is like," said Willert. The boys listened attentively, then moved on saying

they weren't really sure what kind of career they were interested in.

At a table hosted by Dominion Power, Sumiya Sharieff and Mahrukh Chowhan said they were "just exploring and looking at different careers."

Willis Twum, a designer for Dominion, said he and his co-representative, John Higbee, a serviceman, had been "getting a lot of interest, but mostly for him," said Twum, referring to Higbee. "He does all the cool stuff." Students who stopped by the table were sure to try on the heavy rubber gloves that linemen use when working on the electric lines.

At a table for Mitre, a cyber security company with offices in McLean, Brett Kreider had posted a chart with entry level salaries, mid-range salaries and top salaries, which exceed \$100,000 per year. The numbers seemed to catch many students' eyes and groups of students stopped to talk with Kreider.

"Cyber security is a hot topic. I can tell them stories to get them interested, not to mention I posted potential salaries. If you work hard, you get rewarded for it in this field," said Kreider.

Logan Nasr summed up his classmates situation. "Most people don't really know what is out there. This shows them what is out there. They can see what skills are needed to get better jobs. Something interesting that I learned today is that 65 percent of jobs that we will be doing in the future don't exist today." Nasr suggested that the career fair was helpful, but is just the beginning of a potentially long and continually changing career search.

Benches, Fountains, Statues, Bonsai, Orchids & Roses

25% OFF Trees & Shrubs
2011 Stock Only

Pansies 97¢
Reg. \$1.89

\$2.99 3 cu. ft. bags
Shredded Mulch

(With this coupon, not valid with other offers or prior purchase, expires 5/4/12. *additional delivery charge*)

FREE ESTIMATES
Landscapes, Patios, Walkways, Walls & Paver Driveways

Japanese Maples 30% Off
~ Over 200 Varieties ~

50-65% Off Pottery
Washington Area's Biggest Selection

Cravens Nursery & Pottery

9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50,
1 mile from I-66 (Vienna Metro)
703-573-5025
www.cravensnursery.com
Open 7 days a week

SHILLELAGHS
THE TRAVEL CLUB

BRANSON, MO, May 5-11\$969
Includes Motorcoach from Vienna or Rockville, 6-Nights Hotel, Daily Breakfast, 4 Dinners, 7 Shows, Sightseeing. CALL FOR ITINERARY.

SOUTH DAKOTA BY MOTORCOACH, July 19-29\$1379
Includes Motorcoach Transportation, 10 Nights Hotel, Daily Breakfast, 8 Dinners, Sightseeing. CALL FOR ITINERARY.

BOOTHBAY HARBOR, MAINE, June 10-16\$995
Includes Motorcoach Transportation, 6 Nights Hotel, Daily Breakfast, 4 Dinners, CALL FOR ITINERARY.

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703-242-2204 1-800-556-8646
Please visit our Web site at: www.shillelaghstravelclub.com
for a listing of all our upcoming trips and socials.

WEEK IN RESTON

Holocaust Remembrance Program to be Held

The United Christian Parish of Reston will hold an evening of remembrance and witness for the victims of Nazi Germany on Thursday, April 19, which is 69 years to the day after the start of the Warsaw Ghetto Uprising. The program, open to all, will take place at 7 p.m. at the church, 11508 North Shore Drive, in Reston. Kay Rodgers, a parish member and a seminarian at Wesley Theological Seminary, visited Poland, including the camps of Auschwitz, Birkenau and Treblinka, with a group from Wesley Seminary. She will narrate a slide show describing ghetto life, instances of resistance, and seeds of hope. Child care will be available.

The United Christian Parish is an ecumenical church uniting four denominations: United Methodist, Presbyterian Church (USA), United Church of Christ, and Christian Church (Disciples of Christ).

For more information, call the church office at 703-620-3065.

Skate Park on Wheels

Skateboarding will be the theme at the free Skate Park on Wheels event for all ages on Saturday, April 7, 1 to 4 p.m. Sponsored by Hunter Mill Supervisor Cathy Hudgins, the Town of Vienna Department of Parks and Recreation, and American Inline Skating, a portable skateboard park complete with ramps, jumps and rails, will be open for novice through experienced skateboarders aged 6 and older. The course will be set up in the parking lot of the Vienna Volunteer Fire Department at 700 Center Street in Vienna.

All skaters are required to wear a helmet. Additionally, wrist guards, elbow and knee pads are recommended for inexperienced skaters and those under 16 years of age. For information, contact the Hunter Mill District office at 703-478-0283, or the Department of Parks and Recreation at 703-255-5721.

12th Annual Hopecam 5K Run/Walk

Come and join the Reston community on Sunday, May 6 for the 12th Annual Hopecam 5K Run/Walk.

SEE WEEK, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM

RETIREMENT SALE! EVERYTHING GOES! STORE CLOSING!

Fixtures For Sale

Entire Store Marked Down!

Mae's Dress Boutique, the premier After 5 store you've trusted for over 35 years, is closing the doors forever. Hurry in for big savings on over 1,000 special occasion dresses, sportswear and accessories, from all the names you love!

Damianou dresses—20% off! • Daymor dresses—20% off!

Jovani dresses—20% off! • Ursula dresses—20% off!

Ming Wang—20% off! • JSS Knits—20% off!

Misook—20% off! • Rybkoff, Alberto Makali, Chetta B, Teri Jon, & More! NOW ON SALE

20%—25%—30%—60%—Up to 75% OFF, store-wide!
(These offers good through 4/10)

This Week's Specials: Selected Beaded Dresses, now 75% off!
Day and Evening Suits, now 30% off!

Mae's Dress Boutique
Washington's Premier After 5 Boutique

6707 Old Dominion Drive, McLean, VA 22101
maesdress@gmail.com • 703-356-6333

Store Hours: Monday – Saturday, 10am to 5:30pm. Sale Terms: All Sales Final.
No adjustments. We Accept: Visa, MC, Discover, AMEX.

Wall-To-Wall...Nothing Held Back!

Directions: NORTH on the Beltway, take Exit 46B onto Rt. 123N-McLean. Go 3 miles & turn right onto Old Dominion Dr. (Rt. 309). Go 1/2 mile through 2 traffic lights. Mae's Dress Boutique in on the right just past Shell Gas.
SOUTH from MD., Cross the American Legion Bridge. Take the first Exit on the left, Exit 45B. Go 1/2 mile. Take Exit 19B onto Rt. 123 North for 1.4 miles. Right on Rt. 309. Go 1/2 mile. Mae's Dress Boutique is on the right.

FUN & GAMES AND PRIZES TOO! GREAT PRIZES

**You can be a winner.
SIGN UP TODAY!**

These prizes to be awarded

1. **Samsung** 40" LCD TV, \$549 Value.
2. **Canon** PowerShot Camera, \$400.
3. **Saeco** Espresso Maker, \$350.
4. **Canon** Camcorder, \$290.
5. **DeLonghi** Food Processor, \$250.
6. **Garmin** GPS System, \$160.
7. **Keurig** Coffee System, \$160.
8. **Frigidaire** Toaster Oven, \$150.
9. **Kick** Sound System, \$115.
10. **Tiger** Rice Cooker, \$100.

Game Ends 6/16/2012

No Purchase Necessary

Name _____

Address _____

City _____ State _____ ZIP _____

Heroes of Mount St. Helens

Reston resident writes about role of gophers.

By AMIEE FREEMAN
THE CONNECTION

Among the smallest of the animals that live on Mount St. Helens, the northern pocket gopher has been credited with aiding in the restoration of Mount St. Helens. "Gopher to the Rescue," a newly released book written by Reston resident Terry Jennings, examines the role of gophers in eco-system recovery following a volcanic eruption.

"Gophers are not a very good subject to hook a story to, but the more I looked into their role at Mount St. Helens, the more I realized that gophers could be a hero," said Jennings.

Mount St. Helens, located in the Cascade Mountain range in Washington State and 50 miles northeast of Portland, is famous for its catastrophic eruption on May 18, 1980.

FOLLOWING THE ERUPTION, thousands of feet of ash, pumice and stone rained down on all the sides of the volcano, dramatically altering the landscape surrounding the mountain. Nearly 150 square miles of forest was blown over or left dead. A vast, gray landscape replaced the once-forested slopes of Mount St. Helens. Fifty-seven people died in the eruption and its aftermath, an estimated 7,000 big game animals (deer, bears and elk) perished, and 250 homes and miles of roads, bridges, and railways were destroyed.

Jennings had visited Mount St. Helens in 1981, just months after the eruption.

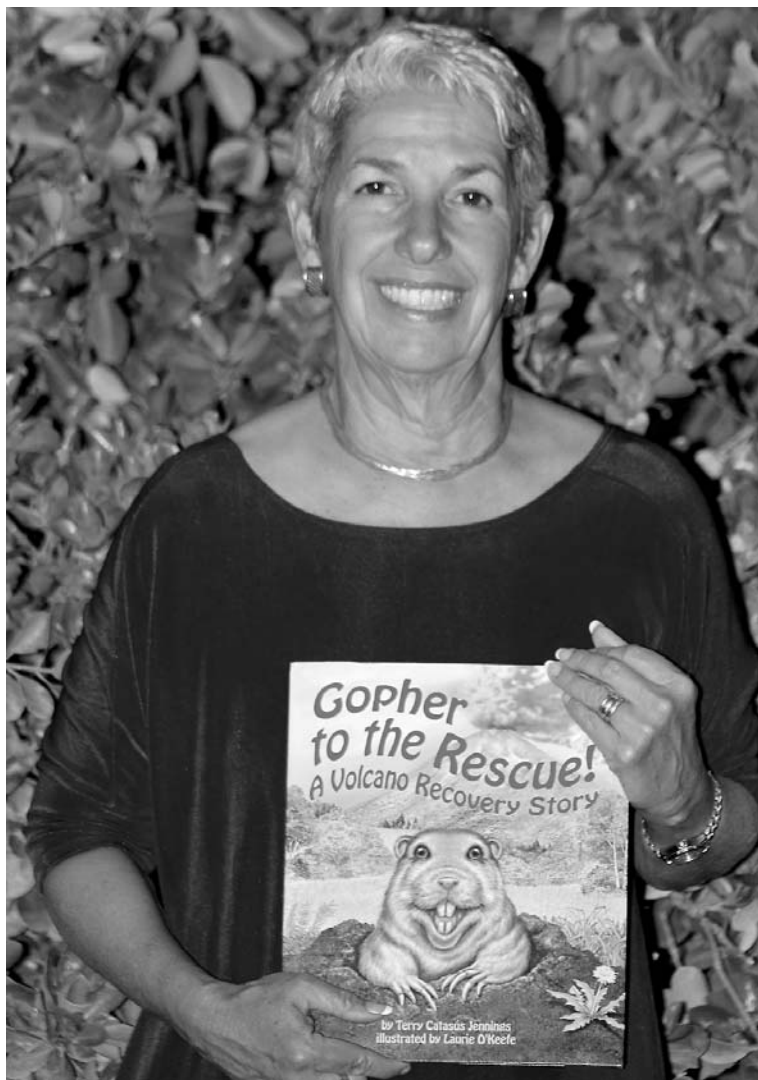
"The devastation was very difficult to understand," said Jennings.

When she was asked by her publisher, Sylvan Dell Publishing, to write a book about how animals react to a volcanic eruption, Mount St. Helens came to mind due to the immense amount of information that has been produced following the eruption.

"Mount St. Helens was easy to personalize because there is so much data about it. After the eruption, the mountain was largely closed off and became like a laboratory," said Jennings.

As Jennings began to do research about Mount St. Helens, the scientists studying the recovery of Mount St. Helens asked if she had heard about the gophers.

The northern pocket gophers of Mount St. Helens are small creatures, eight to nine inches long, explained Jennings. Unlike the large animals on Mount St. Helens, the gophers, buried down in their burrows, survived the eruption. Following the eruption, the gophers tunneled out of their burrows and continued to dig. Their digging brought the fertile soil that had been buried underneath the ash back to the surface and broke up the hardened crust. If a seed, carried along by the wind, fell on a gopher's



Terry Jennings, of Reston, with her recently released book, "Gopher to the Rescue," about the role of the northern pocket gophers in eco-system recovery following a volcanic eruption. Jennings will be at the Reston Barnes and Noble on April 14 to discuss her book.

tunnel, which had loose, more fertile soil, the seed sprouted and grew. Life began to spread.

"I don't want to leave the impression that the gopher saved Mount St. Helens. It is just a small animal doing its part. But it makes such a cool story," said Jennings.

THIS IS THE FIRST BOOK Jennings has had published that bears her name. She has written many educational texts for children for a Smithsonian series. Prior to that, she wrote a column for The Connection.

"I started writing because I like to write. The Smithsonian position was a great gig and I got to do research about interesting topics. I also was able to talk to some really passionate scientists. To me, it was very interesting that these scientists were so passionate about their work. I wanted to share that passion, that engagement."

In addition to writing books, Jennings is assisting KC (short for Kool Cat), the first feline blogger, write a blog of interesting science facts. The blog has only been up for one month. The goal of the blog is to encourage children to do research and to be inquisitive.

"I hope the website will be of help. I didn't want to do a website with just my books listed. I hope the website can be of value to kids," said Jennings.

Jennings' blog – rather, KC's blog can be found at www.kcswildfacts.com.

Jennings will be at the Reston Barnes and Noble on April 14 to discuss "Gopher to the Rescue."

FAITH NOTES

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

United Christian Parish, 11508 North Shore Drive in Reston, has announced their holy week events. The United Christian Parish is an ecumenical church uniting Christian Church (Disciples of Christ), Presbyterian Church (USA), United Church of Christ and the United Methodist Church. 703-620-3065 or www.ucpreston.org.

♦**Soup-and-salad Supper and Maundy Thursday Worship Service.** Thursday, April 5, 6 p.m. Holy Communion and optional foot-washing.

♦**Good Friday Vigil.** Friday, April 6, 1-7 p.m. The church sanctuary will be open, all are invited to spend time in individual prayer and reflection. Sacred music will be played at intervals and parish members will be present to assist.

♦**Easter Sunrise Service.** Sunday, April 8, 6:30 a.m. Planned and conducted by the United Christian Parish youth.

♦**Easter Services.** Sunday, April 8, 8:30 a.m. and 11 a.m. With vocal and bell choirs and Holy Communion. Childcare available.

Florin 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. A free-will offering will be taken to benefit Florin UMC's local outreach programs. Florin 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.florinumc.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, 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.

Trinity Presbyterian Church, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

COMMUNITIES OF WORSHIP

Progressive & Welcoming

**ST. ANNE'S
EPISCOPAL
CHURCH • Reston**



7:45 a.m. Holy Eucharist, Rite I
9:00 a.m. Holy Eucharist, Rite II
Sunday school/Music: preschool - grade 2
10:25 a.m. Sunday school/Music: grades 3 - 12
11:15 a.m. Holy Eucharist, Rite II
5:00 p.m. Come Just as You Are Contemporary Service

Nursery care provided at 9:00 and 11:15 services

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogdon
703-437-6530
www.stannes-reston.org
1700 Wainwright Dr., Reston



**Herndon
United Methodist Church**
www.HerndonUMC.org

Sundays

8:30 AM Sanctuary, Traditional Worship Service
10:00 AM Garden, Traditional Worship Service
11:00 AM Connection, Contemporary Worship Service

other weekly services

5:30 PM Saturdays: Relax & Renew, Casual Worship Service

701 Bennett St., Herndon, VA
703-707-6271

To Highlight your Faith Community,
Call Karen at 703-917-6468

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 reston@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/or online. Are you a poet? The Connection will print poetry submitted by readers this spring, and occasionally throughout the year. Email your poem to reston@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 Pharaohs 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

SEE LETTER, PAGE 8

Reston CONNECTION

www.ConnectionNewspapers.com

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to
your email box. Go to
connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
reston@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext. 427
arehmatulla@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

Rich Sanders
Sports Editor
703-224-3031
rsanders@connectionnewspapers.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly,
John Smith
Production Manager:
Jean Card
Geovani Flores
Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

WEEK IN RESTON

FROM PAGE 4

Walk. This year's race will honor Stefano Rocca, a student at Westbriar Elementary School in Vienna. Hopecam keeps children connected to their classrooms via webcam and laptop while they are homebound, receiving treatment. Hopecam has been able to keep over 200 children connected socially to their friends and classmates, since its inception in 2003.

Online registration is open. The race begins at 8 a.m. on Sunday, May 6.

Race Info: Start and finish – 1890 Preston White Dr., Reston (corner of Sunrise Valley Drive and South Lakes Drive). Go to www.hopecam.org to register. For more information, please contact Jen Bond at Hopecam, Inc. at 703-620-2555.

BULLETIN BOARD

To have community events listed in the Connection, send to reston@connectionnewspapers.com. Deadline is Friday.

TUESDAY/APRIL 10

Oakton High School Dance Team Pre-tryout Clinic. 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. alphajane@aol.com.

Fairfax County presents

Caregiving 101.

8:30 a.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Free. Register at 703-324-5205, TTY 711, www.fairfaxcounty.gov/dfs/olderadultservices or caregiver@fairfaxcounty.gov.

WEDNESDAY/APRIL 11

Aldrin PTA Dining for Dollars. 4-8 p.m. Pollo Peru, 1675 D Reston Parkway, Reston. A portion of each sale benefits the school. info@aldrinpta.com.

FRIDAY/APRIL 13

Friday Forum Business

Networking. 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

SUNDAY/APRIL 15

UUCF: A Sociological Perspective.

12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. The theological diversity of UU congregations sets us apart from other mainline denominations. Sociologists have developed typologies and theories that provide some useful insight into Unitarian Universalism.

MONDAY/APRIL 16

NARFE Dulles Chapter 1241

Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden St., Herndon. With State Senator Mark Herring (D) District 33. \$17. 703-435-3523

WEDNESDAY/APRIL 18

Oakton High School Dance Team Pre-tryout Clinic. 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. alphajane@aol.com.

WWW.CONNECTIONNEWSPAPERS.COM

55+ Active Adult Living In A Golf Course Community

HAZEL HOMES



Stair-Free, Care-Free Living

from just \$1,091 a month including \$98 HOA
Dream Kitchen Included**



New Homes Feature 2 Bed, 2 Bath, 1&2-Car Garages

Live in an established master-planned community only 1 mile from a hospital, shopping, dining & historic downtown Fredericksburg!

Homes available now from \$208,975.

For as little as \$1,091 per month
including PITI and HOA Fees*

For more information, call 540-710-9450
or visit www.hazelhomesva.com

LEES HILL
FREDERICKSBURG'S GOLF COMMUNITY

TURNBERRY EAST

9538 Airdrie Lane, Fredericksburg, VA 22408

*Example based on a \$208,975 sales price, 20% down payment, 4.0% interest rate, 30 year fixed mortgage, P&I=\$798, Taxes=\$150, Insurance=\$45, HOA=\$98. Consult a loan office to qualify. **Dream Kitchen Package valid on select homes only. Promotion deductions taken at time of purchase agreement only. Prices and Incentives subject to change without notice. See Sales Consultant for details.

Free Remodeling & Design Seminars!

Sat., April 14th — 10am-2pm

Where: 5795B Burke Centre Pkwy, Burke, VA 22015

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Universal Design - Planning Ahead
- 10 Tips for a Stress-Free Remodel
- Reinventing Your Home for Today's Lifestyle

Seminars run from 10am-Noon.
Lunch to follow.

Please arrive at 9:45am for check-in.

Seating is limited. Call Sara at 703.425.5588 to reserve your seats!

Special thanks to our sponsors:

tailored living

CLOSETS • GARAGES • PANTRIES
TailoredLiving.com
Todd Carter | 703-707-0009



DecorAndYouDC.com
Sandra Hambley
703-599-0648

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703-425-5588 SunDesignInc.com info@SunDesignInc.com

2012 KIDNEY WALK

TAKE A LIFESAVING STEP
RAISE MONEY TO FIGHT KIDNEY DISEASE!

2nd Annual Northern Virginia Kidney Walk
SUNDAY APRIL 22 Check in 2:00 Walk 3:00
RESTON TOWN CENTER RESTON, VA

Honorary Chair: Reed Doughty, Washington Redskins

RED SKINS CHARITY CHALLENGE

THE CONNECTION NEWSPAPERS

HOT 99.5

CGI

www.kidneywalk.org/northernvirginia 202.244.7900

Meet Your New Business Banker in Reston

A good banking relationship starts with an extraordinary team. Like John Marshall Bank and you.

John Marshall Bank is pleased to now be a part of the Reston community, and we hope you will stop by to get to know us.

Call Vice President & Branch Manager **Mike Otto** today! He and his banking team welcome the opportunity to discuss the financial needs of your business.

JOHN MARSHALL BANK

1943 Isaac Newton Square
Suite 150
Reston, VA 20190



Bauer Financial 5-star rating.
For more information, go to www.bauerfinancial.com

JohnMarshallBank.com • 703-289-5900

Member
FDIC

Class Warfare From the Top Down

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Don't know about you, but I am getting fed up picking up the paper nearly every day and reading of the latest efforts to weaken worker organizations, freeze pay, cut benefits, and downsize jobs across the economy. Corporate CEOs and Boards of Directors have been terrorizing workers for years. Now, politicians have their sights set on civil servants, especially down the road in Washington.

Federal government employees, quite a few of whom are our friends and neighbors here in Reston, have had their pay frozen the last two years, thanks to President Obama. Now, Republicans propose extending that freeze for three more years as part of a deficit reduction package—the goal of which seems to be keeping taxes low for the wealthy. They also propose to slash civil service jobs, 200,000 or so over the next few years. Neither of these actions would affect private contractor employees hired by the government to replace civil servants under the guise of cutting costs. Contractors and contractor employees soared during the Bush years while the number of merit-based civil servants declined.

This is another great fraud perpetrated by the Republicans and complicit Democrats, like our two U.S. Senators, who stand by and applaud greater use of



the private sector. In fact, recent studies show that when the feds contract with private firms loaded with overhead and profit, both loyal, hard-working civil servants and the taxpayers lose—big time. Senator Claire McCaskill (D-Mo.), citing one recent study, says, "...contractors may be paid, on average, more than 1.83 times what federal employees are paid to perform the same work." Furthermore, federal employees were less expensive than contractors in 33 of the 35 occupational categories reviewed. But, why go through the hassle necessary to competitively hire civil servants based on merit when you can hire a slew of folks at once and give a friendly contractor great overhead and fat profit at the same time?

Don't even get me started on worker retirement packages! Corporations have vaporized retirement plans while a complicit Congress has stood quietly by, refusing to speak up for the 99 percent. Now, the attacks are occurring in government at all levels, with Republicans and DINO's proposing to "reform" government pensions to bring them into line with the pathetic remnants of private sector plans. Meanwhile, guys on the corporate boards, like an aircraft corporation I invest in, vote themselves each 140,000 stock shares for attending 12 meetings this year.

Back to the Classroom

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



I am spending some more time back in the classroom recently. Last week I taught social studies to fourth graders at Lake Anne Elementary School. The students were courteous and well behaved, clearly eager to learn, and as diverse as the world around them. Separation of powers in state government is not the hottest topic for fourth graders, but they were responsive to the conversation we

had and the questions I posed. After all, you need to know this stuff; it is on the infamous SOL tests required by the legislature.

My experience renews the admiration I have for the men and women who teach in our classrooms every day. It is hard work. A recent study indicates that teachers work more than 50 hours per week. Back in the 1970s I taught history and government in the high schools for nearly three years. I remember well the weekly preparation that started on Sunday afternoons and continued each evening with papers to grade and lesson plans to prepare. There are no slow days in the classroom; you always need to be prepared.

Being back in a fourth grade classroom talking about Virginia is especially meaningful to me, for that was the grade level at which I discovered how interesting history and government could be. Our class field trip to Jamestown Island had a great impact on me to come to realize that you could

get to know the people of the past and to stand on the soil on which they stood. That excitement has never left me.

This week I start teaching a

once-weekly class for the Osher Lifelong Learning Institute (OLLI) at the Jo Ann Rose Gallery at Lake Anne in Reston. I will be exploring some of the highlights of Virginia's history with the 78 eager-to-learn retirees who have signed up for the course. While I appreciate the origins of Virginia's institutions, I am also one of her sharpest critics. While I am caught up in some of the pride felt by native Virginians, I also teach about our low points, for they sometimes represent the best ways we can learn from the past. I am not an apologist. I tell the story the best I can as to how events happened. And I try to clear up some mistaken notions held by some who have migrated here from other states.

Unfortunately, there are too many examples of the repeat of past mistakes and shortcomings: discrimination, voter suppression, timidity, lack of vision, not learning from the past. Maybe that's the reason I return to the classroom periodically with young people as well as adults. For as I prepare to teach, I learn. As I and others present our interpretation of the past, the way of the future might be clearer. Those who do not learn from the mistakes of the past are apt to repeat them.

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

Strengthening, Not Blocking, Health Care Law

BY KAREN CHRISTENSON

I am one of millions of Americans waiting for the Affordable Care Act to be put into law so that I can have some relief from my troubles with our broken health care system. March 23 marked the two-year anniversary of the passage of the Affordable Care Act. The health care law has accomplished a lot in the last two years and is already helping millions of Virginia's seniors, adults with pre-existing condition, young adults, children and women.

But every time I turn on the television I see another politician trying to block the health care law. As I wait for my relief I am disheartened to see politicians who want to block the law before I have a chance to benefit.

I am a self-employed piano teacher and pianist. I have supported myself for 25 years in this manner, and have managed to buy a townhouse and accumulate a small retirement account.

But in 2004, my life changed forever. I was diagnosed with breast cancer, and un-

derwent surgeries, chemotherapy, radiation and ongoing hormonal therapy. I was fortunate to be able to continue to work full time through all that, missing a total of about five days of teaching. I am thrilled to report that I am winning my battle against breast cancer, but am now basically an indentured servant to my insurance company and health care providers.

In 2000 before I was diagnosed, my monthly insurance premium was under \$300. In 2011, about 45 percent of my gross (not net—gross) income went directly to health care costs. My insurance premiums have skyrocketed and the deductible has increased. I just received my renewal notice, and once again I'm facing a double-digit percentage increase in costs. I am barely keeping my head above water. I have cancelled my daily newspaper, my cable TV, and anything else that is not essential to my business. I have taken renters into my townhouse. Obviously I cannot shop around for a lower premium—no one else will sell me insurance at this point due to pre-existing conditions. Once the health care law is

fully implemented in 2014, pre-existing conditions will be a thing of the past. But until then, I will struggle.

In the midst of my struggle to stay afloat, I cannot help but look longingly at my tax dollars as they go to failed investment bankers. I have a great product, conducted my business ethically and honestly, and believe I deserve to stay in business just as much as they do, but health care costs are making that difficult. I don't deserve to end up on public assistance, and I know that wouldn't be good for me, the economy, or the musical education of my students. I have stacks of letters from parents who say I changed their lives and those of their children, for the better.

My experience with the health care industry leaves me no doubt that we need reform. We need to strengthen, not block, the health care law.

For me, health reform cannot come soon enough. There are many ways the Affordable Care Act attempts to bridge the gap between now and when the law is fully implemented in 2012. The Pre-Existing

Conditions Insurance Plan (PCIP) was created under the Affordable Care Act and helps many people who have an illness but are struggling to afford care. PCIP was designed to bridge the gap between now and 2014 when the Exchanges are set up and pre-existing condition discrimination is ended for good. Unfortunately, I cannot join the Virginia Pre-Existing Conditions Plan because I am unwilling to risk being uninsured for six months, as is required. But for many, PCIP has been the difference between life and death.

While I wait for full-implementation I continue to pay an outrageous percentage of my income towards health care. I feel that the amount one pays for health care be limited to a certain percentage of one's income. No one should work simply to afford health care. The Affordable Care Act will address this issue. Many provisions of the Affordable Care Act, like the Health Benefits Exchange, will peg your health insurance costs to your income so that people like me will not have to pay HALF their income in premiums.



PHOTO BY ALEX MCVEIGH/THE CONNECTION

From left, Tiffany Ngoc Thuan Thai, 11, Trung Anh Van Thai, Phoung Nga Thi Tran, Stewart Trung Thang Thai, 9 and David Trung Tien Thai at the Reston YMCA Saturday, March 10.

Reston Interfaith, YMCA Team Up

BY ALEX MCVEIGH
THE CONNECTION

Reston Interfaith and the YMCA Fairfax County Reston have teamed up in an effort to assist those transitioning out of homelessness. The YMCA donated 35 memberships to Reston Interfaith clients who are in the transitional housing program.

Reston YMCA Board Chair Boofie O'Gorman said this partnership was a result of the YMCA branching out in the community.

"This came as a result of a board member's idea that we really need to think of ways to work with the many organizations that serve this community," she said.

Scott Shannon, board member at the Reston YMCA, said that in his previous experiences with Reston Interfaith, "it's clear that we have many goals in common."

The donated memberships will allow families to access the facility's fitness and aquatic center, as well as have access to childcare services.

Gene Jones, vice president of operations for YMCA of Metropolitan Washington, said he and Reston Interfaith CEO Kerrie Wilson spent a lot of time figuring out how their two organizations could work together.

Several families who will receive memberships came to the YMCA Saturday, March 10 for an introduction and tour of what the facility can offer. Davenia Boyer, who along with her daughter Adrianna, 16 and son Jamil, 2 were among the recipients.

"It's a beautiful facility, and I think the kids are especially excited to learn how to swim here," she said. "They've never had that opportunity before." Reston Inter-

faith currently provides transitional housing assistance to 22 families. Their Embury Rucker Community Shelter is one of six shelters in Fairfax County designed to provide emergency housing for men, women and families. Greg White, CEO of Reston Interfaith said he appreciated the YMCA's "very generous gesture."

Spring is Merrifield Time!

TRUCKLOADS OF GORGEOUS PLANTS ARE ARRIVING DAILY

Flowering Trees and Shrubs • Evergreens
Colorful Annuals, Perennials and Hanging Baskets
Shade Trees • Herbs • Vegetables • Fresh Sod

COLORFUL EASTER PLANTS
Easter Lilies, Hydrangeas, Orchids and more blooming Potted Plants

On Special
TOPS IN POTS™ BY WEEKS ROSES
Assorted varieties of dormant roses in fiber pots
25% OFF While they last
Reg. \$29.99
Good 4/5 - 4/11/12

FREE SEMINARS
SAT., APRIL 7 AT 10 AM – Fair Oaks: *Container Gardening*
Gainesville: *Create a Yard that Ages Gracefully*
SUN., APRIL 8 AT 1 PM – Gainesville: *Plants I Can't Live Without*

Merrifield GARDEN CENTER
Hours: Monday - Saturday 8 am - 8 pm
Easter Sunday 9 am - 5 pm
f merrifieldgardencenter.com

Merrifield • 703-560-6222
8132 Lee Hwy., Merrifield, VA
Fair Oaks • 703-968-9600
12101 Lee Hwy., Fairfax, VA
Gainesville • 703-368-1919
6895 Wellington Rd., Gainesville, VA

SHOP THE COMPETITION FIRST!

703-938-3160

Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

FREE ESTIMATES ON INSTALLATIONS

SE HABLA ESPAÑOL

VIENNA FLOORS

ESTABLISHED IN 1984
208 DOMINION ROAD • VIENNA, VA
HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL
WWW.VIENNAFLOORS.COM
Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

We Bring the Showroom to YOU!!

Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!

Free Estimates
703-969-1179

www.twopoorteachers.com
Fully Insured & Class A Licensed
EST. 1999

Standard & Premium Bath Specials!
Starting at \$4,950
Visit our website for details!

ROBERTS CARPETS & ORIENTAL RUG CO.

At Same Location,
Under Same Ownership
for 48 years

Super Oriental Rug SALE

Ends 4/12/12
100% Wool

TYPE	SIZE	REG	SALE
Bokhara	2' x 3'	\$350	\$250
90 Line Chinese	2' x 4'	\$300	\$160
Persian Nain	3' x 4'3"	\$1,200	\$900
Afghan Boucle	2'8" x 4'	\$1,755	\$1,300
Afghan Boucle	2'11" x 4'8"	\$495	\$350
Persian Very Old Kerman	3' x 5'	\$2,500	\$1,999
Chinese Flora	3' x 5'	\$495	\$325
120 Line Persian Kashan	3' x 5'	\$1,800	\$1,300
Old Persian	3'7" x 5'4"	\$495	\$250
Old Turkish	4'4" x 6'	\$920	\$750
Pakistan	4'1" x 5'10"	\$750	\$600
Bokhara	4' x 6'	\$750	\$600
Pakistan Bokhara	4' x 6'	\$1,600	\$1,199
Very Fine Persian Kazak	4' x 6'7"	\$2,900	\$2,300
Kilem	6'2" x 9'9"	\$1,830	\$1,580
Old Persian Bijar	9'4" x 13'4"	\$5,700	\$4,000
Persian Jashaghan	10'9" x 14'2"	\$6,000	\$4,500
Pakistan Bokhara	9'2" x 11'9"	\$3,200	\$2,700
Persian Silk	8' x 10'	\$4,000	\$2,800
Turkey Heriz	8'10" x 12'6"	\$5,999	\$4,999
China Floral	10' x 8'	\$1,600	\$969
India	8' x 11'3"	\$3,100	\$1,899
Persian	9' x 12'	\$9,000	\$7,000
India Rug	9'1" x 12'2"	\$3,520	\$2,500
Persian	9' x 12'	\$1,299	\$899
Bokhara Pakistan	8'3" x 10'3"	\$2,500	\$2,200
India Rug	8' x 10'	\$3,520	\$2,200
Very Old Chinese	8' x 10'2"	\$3,200	\$2,700
Kilem Persian	7'6" x 8'7"	\$2,200	\$1,600
India Rug	8' x 10'10"	\$3,520	\$2,200
Bokhara Persian	8' x 10'	\$2,600	\$1,600

681 Spring Street
Mon., Tues., Thurs. & Fri. 9-6
Wed. 9-5, Sat 10-3
703-471-7120

www.RobertsCarpets.com
Installation by Certified Installers/Employees

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.

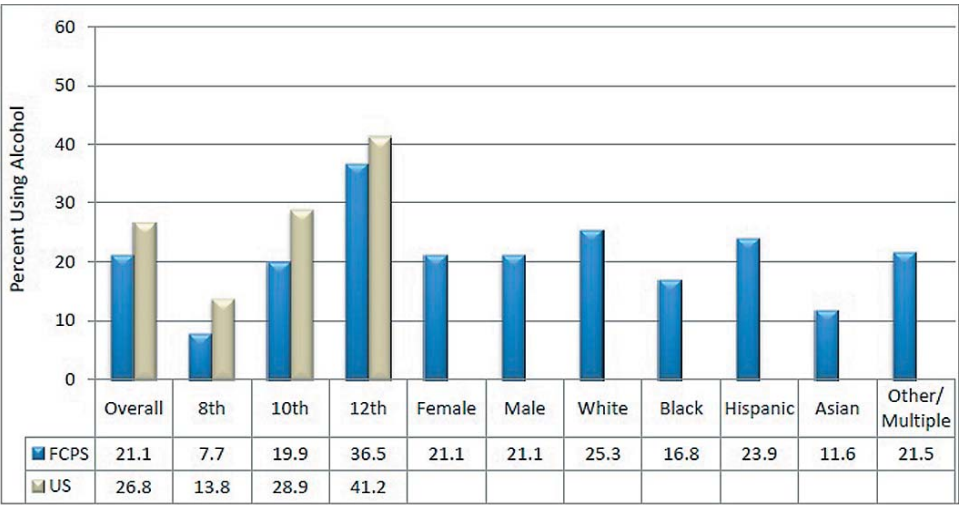
dent of the Safe Community Coalition, which served the Langley and McLean High School pyramids. “We also held a program where fifth and sixth graders wrote notes to juniors and seniors attending prom, reminding them that they are role models and asking them to make responsible decisions, especially when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

Spring Educator Discounts On Sale Now!



Break out of the winter doldrums and into the sunshine with **Educator Appreciation Days** at Gaylord National Resort. With gorgeous indoor gardens and a dazzling selection of dining, shopping and entertainment, there's no better way to celebrate a well-deserved spring break or surprise someone special with a romantic getaway!

Rooms from **\$135***
Including resort fee.
Select Dates thru April 30 (Educator employment ID required at check-in)

Reserve your special getaway today!
GaylordNational.com/teacherappreciation
301-965-4000 (Refer to promo code GN0946)

*Traditional room, per night, plus tax and parking for select dates through April 30, 2012. Limited availability; subject to blackout dates. Not retroactive or valid with other offers or groups. Valid employment ID from educational institution required upon arrival. See website for restrictions.

\$5.00 OFF
Heartworm Medicine

Heartworm Awareness Month!

Heartworm is a parasitic disease that can affect any dog regardless of age, sex or habitat. Call Now for Appointment.

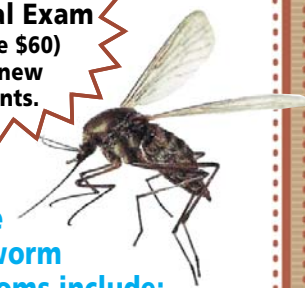
Other Services Available:

- Puppy & Kitten Package
- Dental Package
- Spay & Neuter Package
- House Calls

FREE
Physical Exam
(Value \$60)
for new clients.

Canine heartworm symptoms include:

- Difficulty breathing • Coughing
- Fatigue—a dog that tires easily
- Listlessness • Weight loss
- Rough hair coat



HERITAGE ANIMAL HOSPITAL

Established in 1989

46950 Community Plaza,
Suite 102
Sterling, VA 20164

703-444-4804

www.heritageanimalvet.com

Have a Delicious... Easter!

Everyone loves the signature sweet, crunchy glaze of our HoneyBaked® Ham and tender Turkey, but don't forget to try our delicious sides like Sweet Potato Soufflé, Green Bean Casserole, Cinnamon Apples and more today!

THE HONEYBAKED HAM CO.
AND CAFÉ



Locally Owned
and Operated by
Roxie Curtis

RESTON
1480 North Point Village • 703-733-3860
(on Reston Parkway between Rt.7 & Baron Cameron Dr.)



\$5 OFF
Bone-In Half Ham



Offer expires 05/20/12. Valid only at the retail location(s) listed in this advertisement. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

THE HONEYBAKED HAM CO.
AND CAFÉ



\$3 OFF
Mini Ham or Boneless Ham



Offer expires 05/20/12. Valid only at the retail location(s) listed in this advertisement. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

THE HONEYBAKED HAM CO.
AND CAFÉ



\$14.99
Choose 2 heat and serve sides



Offer expires 05/20/12. Valid only at the retail location(s) listed in this advertisement. Must present coupon at time of purchase to receive offer. May not be combined with any other offer. Only one coupon per person per visit. Offer not valid on catalog or online purchases. While supplies last.

THE HONEYBAKED HAM CO.
AND CAFÉ

ENTERTAINMENT

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

THURSDAY/APRIL 5

"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. 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 14

You are invited to Reston Association's ANNUAL MEMBERS' MEETING



Learn about RA's accomplishments
in 2011 and plans for 2012.
Hear the results of the
Board of Directors' Election.
Meet your neighbors.
Light refreshments served.

Tuesday, April 10, 2012 • 7 p.m.
Reston Association's Conference Center
12001 Sunrise Valley Drive Reston, VA 20191
RSVP to annualmeeting@reston.org or Call: 703 435-6530.



703-435-6530
www.reston.org

Experience the hospitality that made Ireland famous.



WEEKEND BRUNCH

The Best Irish Breakfast in Town!

Enjoy our generous servings of eggs,
Irish bacon, black & white pudding, Irish
beans & home fries.

Sat: 11am - 2:30pm Sun: 10am - 2:30pm

LIVE Music!

Every Weekend 9:30pm-1:30am

- Thursday, 4/5/12: Matt Waller
- Friday, 4/6/12: Willem Dicke
- Saturday, 4/7/12: Pete Baker



Catch all the games
here at O'Sullivan's!

**SPORTS
ON 7 HDTV's!**

Join us for
Easter Brunch!

754 Elden Street • Herndon, VA 20170
703-464-0522 • www.osullivanirishpub.com

Easter Brunch Sunday, April 8th

Brunch menu items served until 2pm.

Dinner Menu available all day.

RESERVATIONS RECOMMENDED

**MCCORMICK
& SCHMICK'S**

SEAFOOD & STEAKS

8484 Westpark Drive
McLean, VA 22102
703.848.8000

11920 Democracy Drive
Reston, VA 20190
703.481.6600



11901 Democracy Drive
Reston, VA 20190
703.787.7766

GOOD FRIDAY Join us on Good Friday for
inspired Seafood Entrées.

Orthodox Christianity

*touches many lands, in which
many languages are spoken,
but God's love is
universal
and needs no translation.*

The Greek Orthodox Parish Of Loudoun County
21580 Atlantic Blvd.
Building D, Unit 160, Dulles, VA 20166
www.greekorthodoxloudoun.org

The Greek Orthodox Parish of Loudoun County welcomes all people searching for a place to worship the Holy Trinity according to the practice of the ancient Christian Church.

Palm Sunday Service
Sunday, April 8th 10:00 am

Good Friday Service
April 13th 7:00 pm

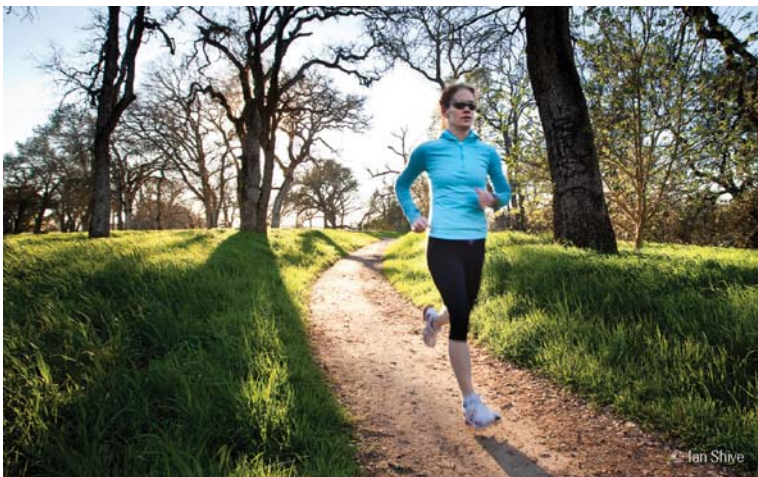
Candlelight Easter Resurrection Service
Saturday, April 14th 11:00 pm

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



**Day and Evening Services
held during Holy Week**

For the complete list of Holy Week Services, go to
www.greekorthodoxloudoun.org.



Do you love to run? Do you care about the environment?
THEN RUN WITH TEAM NATURE TODAY!

The Nature Conservancy protects the lands and waters upon which all life depends including natural treasures here in Maryland and Virginia and around the globe.

Join us, and our local Team Nature runners on Earth Day, April 22nd for Pacers' GW Parkway Classic 10-miler. Top fundraisers earn guaranteed spots and other prizes. **VISIT NATURE.ORG/RUNDC** to learn more, sign up, and support other Team Nature runners today.

For every \$1 we raise, we can plant 5 oysters in the Chesapeake Bay. Let's see what a difference our area runners and supporters can make this spring.

The Nature Conservancy
Protecting nature. Preserving life.



Not a runner, but interested in learning more about The Nature Conservancy? Scan this barcode to "like" us on Facebook today!

ENTERTAINMENT

FROM PAGE 13

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.

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.

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.

FRIDAY/APRIL 13

Giving Circle of HOPE 5th Annual Empty Bowls. 5:30-8:30 p.m. Floris United Methodist Church, 13600 Frying Pan Road, Herndon. All proceeds will go directly to Food for Others, the largest distributor of free food to needy people in Northern Virginia. For a minimum donation of \$20, guests choose a handcrafted pottery bowl and receive a supper of soup, bread, beverage and dessert. 703-665-9334.

State of Insurance.

ASSURANCE

Kyle Knight Ins Agcy Inc
Kyle Knight, Agent
11736 Bowman Green Drive
Across from Reston Town Center
Reston, VA 20190
Bus: 703-435-2300
Fax: 703-435-0630

I deliver both.
Take the guesswork out of your insurance. Whether it's your car, home, life, or more, I can help you feel good about your coverage, as well as the price you're paying.
GET TO A BETTER STATE CALL ME TODAY.

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL • State Farm Life Insurance Company (Not licensed in MA, NY or WI), State Farm Life and Accident Assurance Company (Licensed in NY and WI), Bloomington, IL 61820

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

ZONE 1: • RESTON
• HERNDON • LOUDOUN

EMPLOYMENT

703-917-6464

ZONE 1 AD DEADLINE:
TUESDAY 4 P.M.

CLASSIFIED

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE A great opportunity to WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

EDUCATION TRAINING

Pharmacy Technician Trainees Needed Now!

Pharmacies now hiring. No experience?
Job Training & Placement Assistance Avail.
1-877-240-4524
CTO SCHEV

DENTAL ASSISTANT TRAINEES NEEDED NOW!

Dental Offices now hiring. No experience?
Job Training & Placement Assistance Avail.
1-800-381-1734
CTO SCHEV

MED BILL & CODING Trainees NEEDED NOW

Medical Offices now hiring. No experience?
Job Training & Placement Assistance Avail.
1-800-385-2615
CTO SCHEV

P/T BOOKKEEPER/RECEIPT (GREAT FOR MOMS or RETIRED!)

Small management firm in McLean, Virginia seeks detail oriented part-time bookkeeper/receptionist 2-3 days per week 9:00 AM to 3:00 PM. Applicant will oversee all aspects of front desk administration. Excellent accounting, organizational and communication skills required. Call 703-356-2041.

InTouch Credit Union

A growing financial institution has immediate openings for F/T & P/T Personal Financial Assistant (PFA) I, II at our Sterling & Herndon locations. PFA's greet and welcome members and visitors to the credit union in a prompt and professional manner. Deliver concierge banking level assistance by serving as a single point of contact for product and service delivery. Requirements: HS graduate or equivalent, six months/1 year cash handling/financial institution experience required. If interested please apply online at www.itcu.org. We offer a competitive salary and benefits package that includes matching 401(k)! EOE

VETERINARY ASSISTANT

Small animal hosp. Great Falls. Will train. 703-757-7570 • www.ourvets.com

LOCAL FLORIST

Now hiring P/T Admin/Counter Positions. Must have good communication skills and familiarity with computers. Call: 703-834-1600

Nysmith School for the Gifted Herndon, VA

Nysmith School, Preschool through 8th Grade Hiring for 2012-2013 Academic Year

College Degree Required:

- Preschool Co-Teachers
- Elementary Co-Teachers
 - All subjects
 - French
- Middle School Co-Teachers
 - Computers-knowledge of Photoshop Elements, Lego Mindstorms, MSWLogo, Storytelling Alice and XHTML a plus
 - Science (H.S. Level) Part/Full Time
 - Math (H.S. Level) Part Time
 - Latin

Extended Care Counselors:

Min. high school diploma plus 6 months childcare exp.
\$8-\$15/hr. based on exp.
Flexible after school hours

Immediate Openings:

Accounting/Admin Assistant-Responsible for AP/AR functions, order supplies, data entry, front office team member and all other duties as assigned. Job is a 10-month position with a few additional days in the summer.

Qualifications:

1. Possess accounting degree or 2+ years of relevant accounting work experience
2. Proficiency in Quickbooks, Microsoft Word, Excel and Outlook
3. Be able to work independently and as a team
4. Possess good organization and time management skills
5. Pay excellent attention to detail
6. Have excellent written and verbal communication skills, along with a positive and professional demeanor
7. Be able to maintain confidential information
8. Ability to multitask and meet deadlines

Join our Playground Team!

Looking for several people to assist teachers in monitoring children at recess on the playground. Fun and friendly environment - Flexible Hours. \$12/hr.

Send resumes to resume@nysmith.com ; Fax 703-713-3336

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email: theschefer@cox.net

One man with courage makes a majority.
-Andrew Jackson

21 Announcements

ABC LICENSE
NPM Inc, trading as North Point Sunoco, 1496 Reston Parkway, Reston, VA 20194. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Beer off premise license to sell or manufacture alcoholic beverages. Larry Janes, Chief Financial Officer
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing-date of the first two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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 contributions be made to: www.donate.ASPCA.org. In loving memory of Catherine E. Reaske. Condolences may be sent to: www.piercefh.com

21 Announcements

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business.

Internships available in reporting, photography, research, graphics.

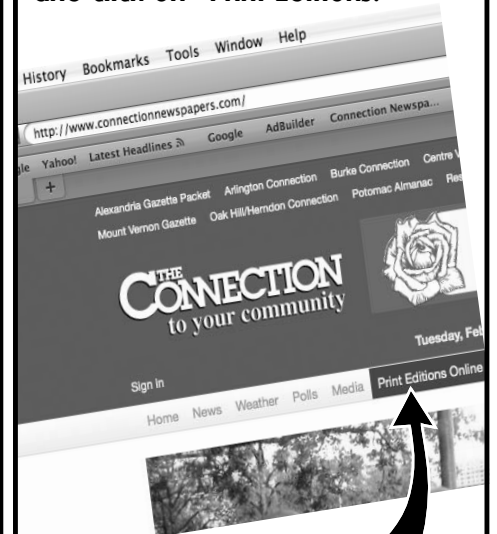
Opportunities for students, and for adults considering change of career. Unpaid.

E-mail internship@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

Complete Print Editions Online!

The full print editions of all 15 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newsprint editions, including print advertising. Go to ConnectionNewspapers.com and click on "Print Editions."



THE CONNECTION
NEWSPAPERS

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE I AD DEADLINE:
MONDAY NOON

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

CLEANING

IMPROVEMENTS

IMPROVEMENTS

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,
PAINTING, CERAMIC TILE, CARPENTRY,
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
We Accept VISA/MC
703-441-8811



HAULING

ANGEL'S TRASH REMOVAL

Junk & Rubbish • Furn.,
Yard, Construction
Debris • Garage &
Basement Clean Up
703-863-1086
703-582-3709
240-603-6182

AL'S HAULING

Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

LANDSCAPING

ANGEL'S LAWN MOWING

Trimming • Leaf & Snow
Removal • Yard Clearing
Hauling • Tree Work
703-863-1086
703-582-3709
240-603-6182

PAVING

Joseph Sealcoating Specialist

PAVING

35 Years
Experience! Free
Estimates!
703-494-5443

ROOFING

Falcon Roofing

Roofing &
Siding
(All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small

703-975-2375
falconroofinginc.com

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.

ELECTRICAL

ELECTRICAL

K&D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com



A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

LAWN SERVICE

LAWN SERVICE

LAWN MOWING

MOWING TRIMMING EDGING,
HEDGE TRIMMING, MULCHING,
SODDING, GUTTER CLEANING

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email: jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

ANTONIO LAWN & LANDSCAPING

Spring Cleanup • Lawn Mowing • Edging
Mulching • Planting • Patios
Expert Trimming & Removal • New Beds Made
Outline/Extend Existing Beds
Repairs • New Installations • & Much More

CALL NOW FOR FREE ESTIMATE
571-201-5561

J.E.S Services

LANDSCAPE & CONSTRUCTION

- Patios • Walkways
- Retaining Walls
- Drainage Problems
- Landscape Makeovers

Call: 703-912-6886
Free Estimates



PAINTING

PATRIOT PAINTING

www.PatriotPainting.net

Wallpaper Removal,
Carpentry,
Power Washing,
Int/Ext Painting

Free Est. • Satisfaction Guar.
Lic./Ins. Int./Ext.

703-502-7840
Cell
571-283-4883

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

Charles Jenkins

TREE SERVICE

Mulching & Edging

ALSO MULCH DELIVERY
Lic. & Ins!
540-829-9917

MASONRY

MASONRY

Potomac Masonry

703-498-8526

New Installations & Repairs
Stone - Flagstone - Brick - Concrete
FREE ESTIMATES!!
Lic. & Ins
potomacmasonry.net

MASONRY

MASONRY

3rd Generation Masonry Company
Family Owned & Operated Since the 1950s

MASONRY
SPECIALIST, LLC

For All of Your Masonry Needs
Custom Design, Installation, Repairs & Restoration

BRICK - FIELDSTONE
FLAGSTONE - CONCRETE

EP Henry & Belgard Pavers
Patios, Walkways, Driveways, Retaining & Decorative Walls
703-443-2308

Go to www.masonryspecialist.com for ideas, pictures & coupons!
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

THE CONNECTION
NEWSPAPERS CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS CLASSIFIED

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

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

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."



PHOTOS BY ALEX McVEIGH/THE CONNECTION

Santiago Collier, 4, watches his sister Zara, 6, do the limbo at the Eggnormous Egg Hunt at Brown's Chapel Park Saturday, March 31.

Egg Hunting in Brown's Chapel Park

Community Center hosts annual Eggnormous Egg Hunt.

BY ALEX McVEIGH
THE CONNECTION

As children ages 1 through 9 gathered at Brown's Chapel Park in Reston Saturday morning, they separated themselves by age group and massed along the borders of several different roped off areas. The areas were filled with colored eggs, which meant that for many children, filling their baskets would come down to strategy.

"I headed straight for the back of the area, that's where I got most of my eggs," said Veronica Johnson, 7. "I think it was a good strategy."

The hunt started at 10:30 a.m., and by 10:35 almost every egg was gone. Over the next half hour, a few determined children were able to find some unclaimed eggs that were camouflaged to look like their surroundings.

"We were on our way to the car when I thought I saw something," said Andy Benson, 5. "My sister said it was nothing, but I knew it might be something I missed, and I was right and rewarded with candy."

The annual Eggnormous Egg Hunt was hosted by the Reston Community Center.

Though the eggs vanished quickly, families were able to stick around and enjoy a variety of moonbounces and other games.

"I really like that the games give us all a chance to hang out and spend some time with friends and neighbors after the chaos of the hunt itself," said Richard Juarez, who brought his two children to the hunt for the third year in a row. "The park is a great place to have a seat and sort through their bounty, and if I'm lucky, I'll be able to sneak in a few pieces."

Though gray skies threatened to postpone the event for the second year in a row, the day remained dry to allow the hunt to go on as scheduled, which was



Elana Kirwan, 7, grabs an egg and is already searching for her next one during the annual Eggnormous Egg Hunt at Brown's Chapel Park Saturday, March 31.

a relief for some.

"Last year it got postponed until after Easter, which kind of takes it out of context for the kids," said Ellen Wilde of Reston. "I don't think children will ever complain about an egg hunt, but it's nice when it gets them fired up for Easter, rather than being sort of an afterthought. I'm glad the day stayed nice, and I'm glad we made it out for another year."

DYNAMICS

Physical Therapy



Dr. David Sahley
DPT, OCS, COMT



Dr. Cristina Trypanis
PT, DPT



Dr. Karen Jensen-Vick
DPT, MPT

We offer a variety of services to assist our patients:

- Sports Medicine
- Neurological Rehab
- Whiplash
- Scoliosis
- TMJ Disorders
- Post-Surgical Rehab
- Spinal Therapy
- Neck and Back Pain
- Arthritis
- Shoulder and Knee Injuries

Call for an appointment today!

HERNDON 703.793.4851

2445 Centreville Road
Herndon, VA 20171

HOURS: Mon & Wed 10 am-8 pm, Tues
& Thurs 8 am-8 pm, Friday 7 am-2 pm

GAINESVILLE 703.754.0394

7210 Heritage Village Plaza
Suite 101, Gainesville, VA

HOURS: Mon & Wed 7 am-8 pm,
Tues & Thurs 8 am-4 pm,
Friday 7 am-2 pm

HAYMARKET 703.754.6955

6856 Piedmont Center Plaza
Unit C-4, Gainesville, VA

HOURS: Mon & Wed Noon-8 pm,
Tues & Thurs 7 am-3 pm,
Friday 8 am-3 pm

Most insurances are accepted. New patients are welcome.

www.dynamicsphysicaltherapy.com



PHOTO GALLERY!

"Me and My Mom"

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:

reston@connectionnewspapers.com

Or to mail photo prints, send to:

The Reston Connection,
"Me and My Mom Photo Gallery,"
1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.



WWW.FXPARTS.COM

We've Changed to NAPA to Better Serve Our Customers

Same People • Same Ownership Since 1961 • Same Professional Commitment to Service

10% OFF

EVERY ITEM IN THE STORE!

You must present this coupon with your purchase.
Not valid with any other discounted or promotional offer.

Expires May 1, 2012.

CN

ONLY \$1⁰⁰

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires May 1, 2012

CN

ALEXANDRIA.....703-823-0800
456 S. Pickett St.
(Corner of Edsall & South Pickett)

BURKE.....703-425-4400
5663 Burke Centre Pkwy.
(Rt. 123 & Burke Center Pkwy., Behind McDonald's)

CHANTILLY703-631-3800
14154-C Willard Rd.

FAIRFAX CITY.....703-978-4500
(Economy Auto Parts) 3855 Pickett Rd.

FALLS CHURCH.....703-534-1200
431 S. Maple Ave.
(near intersection of Lee Hwy. & Rt. 7)

HERNDON.....703-707-0800
23070 Oak Grove Rd. #100
(Corner of Rt. 606 & Oak Grove Rd.)

FAIRFAX.....703-591-6500
10912 Lee Hwy.

MERRIFIELD703-560-1560
(Machine Shop) 703-560-0813
8701 Lee Hwy.

NEWINGTON703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

STERLING703-450-6600
(LOUDOUN)703-444-5096
47060 Harry F. Byrd Hwy.
(Rt. 7 at Dranesville Rd.)

VIENNA703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

MANASSAS/EUCLID AVE.....703-368-7106
(Metro).....703-631-1125
(Champ Auto Parts) 9088 Euclid Ave.

MANASSAS/Rt. 234703-368-1002
(Metro)703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

These stores are not affiliated with NAPA.



**MOST STORES OPEN
NIGHTS & SUNDAYS**

PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

**Full Line of Foreign & Domestic Parts
Complete Machine Shop Service**