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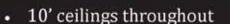






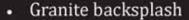
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# News

Residents participate in a march to honor the legacy of Martin Luther King Jr. Sunday, Jan. 20.



Alex McVeigh/ The Connection

# Reston Pays Tribute to King Legacy

# Commemorative march, concert highlight weekend activities.

BY ALEX MCVEIGH
THE CONNECTION

s he stood in front of the Northern Virginia Hebrew Congregation Sunday, Jan. 20, to celebrate the legacy of Martin Luther King Jr., Isaiah Roberts of Reston knew he was participating in something special.

"I was standing in front of a Jewish congregation, listening to Muslim students speak the words of an African-American Christian minister, and I couldn't help but feeling that this was exactly what Dr. King spoke about," Roberts said. "When they read the part about not judging one by the color of their skin, and I looked around to see whites, blacks, people of Middle Eastern descent nodding and cheering their agreement, and it gave me chills a little bit."

Roberts was one of dozens of participants in this year's commemorative march through Reston, hosted by the Reston Community Center. Marchers started at the Lake Anne Village Center and walked down North Shore Drive and Wiehle Avenue to the Northern Virginia Hebrew Congregation in a show of support for unity and equality.

Singing songs from the Civil Rights era, the marchers waved flags and signs. Themla Evans of Reston said even the circumstances of the commemorative march show how far things have come in this country.

"Back in Rev. King's day, marches like this were a countercultural activity, they were done almost in defiance to the police and the standard community structure," she said. "Now we meet together with government officials at a community center and get a police escort, so it shows you the progress we've made. Hopefully no one mistakes it for the finish line, but we're a lot closer to the goal of equality than a generation before, and hopefully the next generations will see the same type of progress."

After the conclusion of the march, Muslim students from Al Fatih Academy in Reston took turns reading King's famous "I Have a Dream" speech.

The Northern Virginia Hebrew Congregation



Members of the Voices of Inspiration choir perform a concert to celebrate Martin Luther King Day Sunday, Jan. 20, at the Northern Virginia Hebrew Congregation.

hosted a concert after the speech was read, featuring the Voices of Inspiration and the Washington Plaza Baptist Choir performances.

The music, prayers and scripture readings kept the audience, most of who stayed after the march, dancing and swaying in their seats for much of the program.

Many in attendance felt that this year's Martin Luther King Day celebration was especially poignant on the eve of Barack Obama's inauguration to a second term as president of the United States.

"Is the election of a black president the end of racism, or even the discussion of race in America? Of course not. But for a generation that remembers the fight to have equal footing in schools, it's a sight to behold," said Doug Stevens of Reston. "And for the generation of children in school now, not only African-American, but all races, it shows that boundaries that have been in place for hundreds of years are starting to fall by the wayside."

## Obama's Agenda

## Herndon-Reston citizens on second term priorities for President Obama.

By Andrea Worker
The Connection

man walks into a bar... actually a female journalist walked first into O'Sullivan's Irish Pub and Restaurant on Elden Street in Herndon and then into the bar at Il Fornaio Authentic Italian Restaurant and Bakery on Market Street in Reston Town Center, and posed the same question to several patrons of each establishment:

"What do you see as the priorities for President Barack Obama's second term in office?"

At 5:45 p.m. Monday, Jan. 21, the coverage of the 57th inauguration was still showing on



#### Ellen Bernhard Smith, Reston

"There's a number of things, like taxes and our debt. But I think Civil Rights come first, and by that I mean that gay people should have the right to legally marry everywhere.



#### Brooks Emmons, Herndon, controller, government contractor

"He definitely needs to concen-

trate on the numbers, trimming spending and waste. We need to get our debt under control. It's time to look at departments like the EPA. They are over-reaching and overstepping their boundaries. Even the Department of Education. I think it's served its purpose. School districts seem to do just fine without them. Fairfax Schools are a prime example. They don't need the Department of Education telling them what to do. They are rated among the best. And everyone complains about school funding, but in Fairfax County schools have electronic blackboards, TVs in classrooms, computers, plenty of the best in the latest technology. Just look to eliminate the waste and

concentrate on creating jobs.'

the TV sets at O'Sullivan's and the early crowd divided their time between their drinks, conversations with friends, and the televised scenes of the inaugural proceedings. The televisions had all been tuned to the evening's sporting events by the time the occupants of the Il Fornaio bar were asked for their views, but whatever was being broadcast along the airwaves, at both spots there were folks willing to give the question a thoughtful answer and to share their opinions.



## Lauren Bland, Herndon, finance

"It hink the priority should be working with Congress to create new ziobs, a bi-partisan progression that says 'Hey! Let's get things done.' I would also like to see, in terms of social advancement, gay marriage, or what I like to call marriage equality, be legalized federally. It shouldn't be a state thing. I can't understand how you can be legally married in one state, then you cross the border and you're not married anymore. You know, now that I think about this question a bit more, I think that federally recognized marriage equality would be my number one priority, even above working with Congress."



#### John Kennedy, Reston, general manager of a commercial construction company

"I hope he will re-think Obamacare and the financial impact it will have on companies and individuals. No doubt healthcare needs to be reformed, we need to take care of people who don't have insurance or who can't afford the level of insurance they need, but this is not the answer. This has a negative effect without solving the issues. The economy is our number one priority, and Obamacare will only hurt economic growth."

## THE COUNTY LINE

# A Family Made Whole

After a tragic loss, Reston couple creates a family through adoption.

> By Victoria Ross THE CONNECTION

he Granvilles look like a made-for-TV family. On a bright October afternoon, Chris, a computer engineer, is teasing his teenage son Kenny about what kind of pet to adopt, while Tiffany sits on a sofa, cradling Elijah, Kenny's baby brother, who has just woken up from an afternoon

"Fish? No way," Kenny, 15, says. "They just go 'round and 'round in a

Kenny is lobbying hard for a dog or—at the very least—a guinea pig or

"What I'm saying is you start with the fish, okay, and then you move up to guinea pig or something else," Chris says.

"Can you tell we've been talking about this for just a little while?" Tiffany asks a visitor, rolling her eyes in mock exasperation.

It's quickly apparent the Granvilles are a close-knit family who like spending time together.

What is not so apparent is how this family came to be, and why an ordinary Sunday afternoon laughing with two children is a minor miracle for the Granvilles.

Chris and Tiffany, both in their 30s, were married in New York City on Christmas Eve, 2007. One of three children, Chris was raised in Queens. Both were very close to their parents and grandparents, whom they credit for inspiring their Christian faith.

IN FEBRUARY 2008, the couple moved to Reston, where they both had demanding careers as computer engineers. They also found out that same month that Tiffany was pregnant.

"We were like 'wow.' We just got married, and now we're going to have baby. We were living the dream," Chris said.

Jamison Granville was born on Oct. 23, 2008. He was a healthy 8.6 pound baby, and the light of his parent's life. When Chris's mother was diagnosed with aggressive kidney cancer that spring, Jamison kept a smile on his grandmother's face as she went through grueling chemotherapy sessions.

"He was my mother's first grandchild. She and Jamison were tied at the hip," Chris said.

When Chris's mother died on July 4, 2009, both Chris and Tiffany were devastated by the loss, but they took comfort in Jamison's smile, their large network of friends and family and their faith.

Like many working parents, the Granvilles had carefully researched and selected a day care center for their child. It wasn't unusual to get a call from staff at the center if Jamison was sick, or if other minor issues cropped up.

But on Sept. 16, 2009, Tiffany received a call from the center's director. She said she sensed something was wrong immediately.



A Granville family portrait, taken in February, 2012. (From left) Kenny; Tiffany holding baby brother Elijah; Chris Granville.

"I got a phone call about 3 p.m. The director said she needed to meet us at Reston hospital. She wouldn't give me any other information," Tiffany recalled, pausing. "Jamison was 10 months and 24 days old..."

Chris said he got a message from a detective. "He said to call this doctor, and the doctor said you have to stop whatever you're doing and get here," Chris said. "I didn't know what was happening."

"I can't tell you how I got from my desk on the sixth floor to my car," Tiffany said. "When I got there, doctors were working on him, but I could tell he wasn't there anymore. . . . You feel like you're in a movie, or a dream. You get through it, but you're not there."

Tiffany said the pain of losing Jamison was almost unbearable, and even her strong faith in God could not keep her from waking up some mornings and thinking there was nothing left to live for. "I have to be honest; there were days I did not want to be here."

But it was the couple's strong faith in God kept that kept them moving forward.

"We became more involved in our church, but at that point, it's just a day-by-day existence," Chris said. Tiffany said she drew strength from her grandmother, who had also lost her firstborn son. Her grandmother went on give birth to eight children, and adopted

"I pulled from her strength. I thought to myself, this woman from Louisiana, with an eighth-grade education, through all this adversity, she was able to overcome it in a time when things were horrible for black folks," Tiffany said. "I remember what a loving and patient person she was . . . I started to think about everybody I had here . . . I thought we all have to leave one day, so you have to make a positive impact while you're here. We did not want what happened to us to define us

THE COUPLE, who had always talked about adopting a child, had maintained friendships with other couples who were foster parents, and they decided

SEE POWER, PAGE 10



**Beverly Howard** 

## Fairfax Families4Kids

## Fostering bonds percentage of the nation's with children.

By Victoria Ross The Connection

ationwide, more than 463,000 children live in foster care. In many states, including Virginia, the number of foster youth has tripled in the last 25 years. As of Sept. 30, 2011, nearly 5,000 youth were in foster care in Virginia, according to the Administration for Children and Families (ACF), a division of the U.S. Health and Human Services Department. Physical abuse is the most common reason children enter foster care, but it's not the only reason. Often there's emotional abuse, sexual abuse and the parent or caretaker's inability to provide a safe environment due to substance abuse. The prospects for youth who age-out (or "emancipate") from foster care are bleak, according to the ACF. More than half of the children who age-out of foster care end up "couch-surfing," and essentially homeless. In a 2009 ACF report:

- ❖ Less than 3 percent go to college;
- ❖ 51 percent are unem-
- Emancipated females are four times more likely to receive public assistance than the general population;
- 0.3 percent of the state's population, and yet 40 percent of persons living in homeless shelters are former foster children. A similarly disproportionate

prison population comprises former foster youth.

In 2005, Fairfax County launched a program called FairfaxFamilies4Kids, which actively seeks mentors to connect with older children in foster care, those most at-risk for homelessness. Beverly Howard, the program's coordinator, agreed to a Q&A interview. To find out more about the Fairfax Families4Kids program or becoming a volunteer or mentor, contact Beverly Howard, Ph.D., coordinator of the Fairfax Families4Kids Program at 703-324-7518.

#### Q: Tell us a little bit about the background of the program? What niche does it fill?

A: Fairfax Families4Kids is a mentoring program, now housed out of the Fairfax County Department of Neighborhood and Community Services, which focuses on supporting older youth in foster care (or those youth who are at risk of re-entering foster care). The program's goal is for the youth in foster care to form and maintain healthy, positive and longterm relationships with caring adults and peers while learning essential life, leisure and social skills. It works to accomplish this through group mentoring events and individual mentoring relationships. The twice-monthly ❖ In any given year, foster mentoring events are outings in children compromise less than the community where the youth, mentors, volunteers, and prospective adoptive families come together in a safe, super

SEE JOYS, PAGE 10

## Week in Reston

## History of Reston **Program Continues**

The Reston Historic Trust and the Reston Museum are exploring the early history of Reston. The Reston Museum is producing another free program on Jan. 24, 2013, from 7-9 p.m., to be presented at the Jo Ann Rose Gallery at Reston Community Center Lake Anne, titled: "Building Community in Reston: Civic Organizations and Culture." For more information, call the Reston Museum at 703-709-7700, email restonmuseum@gmail.com, www.restonmuseum.org.

Presenters: A panel of local residents from the 1960's including Lynn Lilienthal, Mike Horwatt, Tom Kamstra, Peter McCandless, and Susan Norwich, along with Loren Bruce. Loren has a masters degree in urban & environmental planning from the University of Virginia, was an urban planner with Fairfax County, and is currently in charge of special projects at the museum.

## History of African **American Spirituals** to Be Studied

A seven-session course on the history of African American spirituals and their impact on Christianity worldwide will begin Sunday, Feb. 3, at 9:30 a.m. at the United Christian Parish, 11508 North Shore Drive, Reston. All are welcome.

Instructor will be Rev. LaVerne M. Gill, United Church of Christ minister, and member of the United Christian Parish and the Mosaic Harmony gospel choir. The course is based on an article she wrote for a conference held in Ethiopia by the World Council of Churches and the Vatican on the origins of African American sacred music.

Subjects to be covered include the origins of spirituals, spirituals as codes of the underground railroad, the black church, the popularization of spirituals, classical arrangements, contributions of major religious figures from other countries, the role of spirituals in the US civil rights movement and the 21st century. Musicians to be featured include Jessye Norman, Mahalia Jackson, Paul Robeson, Henry "Harry" Thacker Burleigh, and Sweet Honey and the

The United Christian Parish is an ecumenical church uniting four denominations: United Methodist, Presbyterian Church (USA), United Church of Christ, and the Christian Church (Disciples of Christ). For more information, call the church office at 703-620-3065

## Clothing Drive for Syrian Refugees Feb. 8-10

A community drive to collect used clothes and other items for Syrian children and women in refugee camps will be held Feb. 8-10 at the United Christian Parish, 11508 North Shore Drive, Reston.

SEE WEEK, PAGE 13

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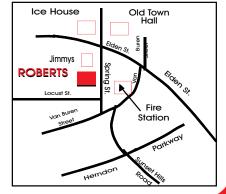
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# **OPINION**

# Expanding Medicaid Good for Virginia

Real health coverage for an additional 400,000 people is in reach.

irginia has an opportunity to expand Medicaid in a way that could extend health coverage to more than 400,000 residents who currently have no health insurance while the Federal government picks up the tab; Virginia would pay 10 percent of the additional cost after 2020.

The Medicaid expansion would give medical insurance to 25,000-30,000 Fairfax County residents, where more than 132,000 have none.

More than 12 percent of the slightly more than 1 million people who live in the wealthiest county in the nation are without health insurance. Household income in Fairfax County averages more than \$122,000 a year.

In Arlington, 17 percent of adults under age 65 lack health insurance.

Under the health care reform act, many of Virginia's uninsured residents could be covered the hospital spreads the cost of care around.

who earn up to 133 percent of the poverty line, and that expansion would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

Virginia's current eligibility requirements for Medicaid are so strict that although it is the 11th largest state in terms of population and 7th in per capita personal income, Virginia ranked 43rd in Medicaid enrollment as a proportion of the state's population and 47th in per capita Medicaid spending, according to a

2013 Fairfax County report.

The report says that new coverage would extend to individuals earning less than \$15,302 per year or families

earning less than \$31,155 per year, low income children who lose Medicaid when they turn 19, and adults with disabilities not currently eli-

It isn't as if there were no health care costs for these currently uncovered residents. Right now, they access health care when they are very sick by going to an emergency room, where

by an expansion of Medicaid to cover residents But this is inefficient, expensive and unhealthy. Expanding Medicaid coverage would allow far less expensive preventative care and lead to better health outcomes.

> A new analysis by the Commonwealth Institute shows that expanding Medicaid to 133 percent of the poverty level would generate state general fund savings and new revenues that would total \$2.08 billion and more than offset the state's share of expansion costs over the next eight years, plus provide significant numbers of new jobs and economic growth. Expanding health care will add tens of thousands of new jobs. People with access to preventative and early health care use fewer sick days and are more productive on the job as well.

> From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your

> From a human perspective, passing up the chance to offer health coverage to 400,000 Virginians is inconceivable.

> > — Mary Kimm,

MKIMM@CONNECTIONNEWSPAPERS.COM

#### COMMENTARY

## Too Good to Pass Up

BY KENNETH R. "Ken" Plum STATE DELEGATE (D-36)

n 2001, over 900,000 Virginians were living below the poverty line with an annual household income for a family of four under

\$23,050. Over 416,000 of these Virginians were living in deep poverty with a family of four having an annual household income under \$11,525. Of the total, 270,000 were children, the highest number of children living in poverty in Virginia since 1998.

With such a high rate of poverty in the state there is little surprise in knowing that there are one million Virginians without insurance. While attacking the issue of poverty is a complex one, the specific need to grant greater access to health insurance has a solution cent of poverty or about \$10,000

LETTERS TO THE EDITOR

that I am working to have the General Assembly adopt. Under the federal Affordable Care Act, 400,000 of Virginia's uninsured people could become eligible to qualify for Medicaid. The governor has not asked the Gen-

EDITORIAL

eral Assembly to approve Virginia's entry into the federal program, but I have joined with other members of the General Assembly to pass legislation to bring Virginia into the program and to expand Medicaid.

Under the existing Medicaid program, Virginia and the federal government jointly fund medical coverage for specific groups of low-income people, including low-income children, pregnant women, the elderly, individuals with disabilities, and individuals with an income less than 30 perper year. Under an expanded program, income eligibility for a familv of four would increase to \$32,000 per year. What makes expansion of the Medicaid program attractive under the Affordable Care Act is that the federal government would provide 100 percent funding for the expansion for three years and 90 percent funding after that. Between 2014 and 2019 estimates are that the state would likely spend approximately \$500 million while the federal government would spend about \$9.6 billion. As the Commonwealth Institute for Fiscal Analysis concluded, approximately 95.1 percent of the Medicaid expansion in Virginia would be paid for by the federal government with billions in federal funding being added to the state economy.

Virginia has traditionally had one of the stingiest Medicaid programs in the country. While the commonwealth's per capita income is sixth highest among the states, its rank of spending on Medicaid participants is 24th. Virginia's rate of Medicaid spending per capita is 48th lowest among the states. An important step to relieving poverty in the state is getting people healthy. Too many people suffer from untreated diseases, and children are deprived of reaching their full potential. All the social service and faith groups of which I am aware have endorsed Virginia expanding its Medicaid program. I have expressed my support for the program expansion to Governor McDonnell, and I hope that you might consider doing so as well. Send your message to him at Contact Governor McDonnell, www.governor.virginia.gov/ aboutthegovernor/ contactgovernor.cfm. The federal underwriting of this important program for Virginia citizens makes it a deal too good to pass up.

last six years has partnered with DPWES and others to install stormwater improvements and stream restoration projects on and pact park resources. We have been near parkland. We still have a long way to go.

> The Park Authority looks at park natural areas as Natural Capital, critical natural infrastructure that provides invaluable ecosystem ser



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SEE LETTERS, PAGE 7

To the Editor:

Park Authority's

Clarification

areas in Fairfax County [County Failing to Preserve Natural Resource Areas, Reston Connection, Dec. 12-18, 2012]. Although we concur with that need, we felt ern stormwater standards being

compelled to clarify several points in his column pertaining to the Fairfax County Park Authority's 23,136 acres of parkland. Let me point out that currently more than John Lovaas addressed the need 70 percent of our land holdings to preserve and manage natural remain in forested, treed or undisturbed habitat.

We agree that degraded water quality is an issue. Much of Fairfax County was built-out prior to mod-

enacted. Most parkland is at the bottom of the hill from developed uplands, and the impacts of excessive stormwater flows directly imworking closely with the Fairfax County Department of Public Works and Environmental Services (DPWES) Stormwater staff to address these impacts. Park staff participated in the watershed plan development process, and over the

## LETTERS

From Page 6

vices and quality of life benefits. To manage this natural capital, our board adopted the Natural Resource Management Plan (NRMP) in 2004.

Over the last nine years we have been steadily implementing practices and programs in support of the NRMP. Natural Resource Management staff work closely with other county agency staff and stakeholders in almost every park project to ensure natural resource impacts are avoided or minimized and that restoration is done where impacts occur. We also work with diverse partners to repair riparian buffers and corridors. The Invasive Management Area (IMA) program has reached over 6,000 volunteers who have contributed more than 20,000 hours over the last six years to help restore parkland and educate residents about the importance of environmental stewardship. In addition, Park Authority staff and contractors are now treating over 1,000 acres a year to control non-native invasive plant species. Also, white-tailed deer population control efforts have been underway since 1997 and now include 41 percent of county parkland.

Our efforts in natural resource management need to continue and grow.

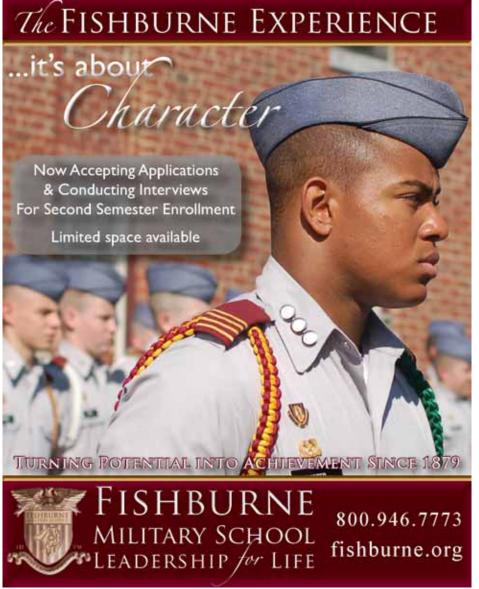
Staff will be revising the NRMP next year to help better organize when and how we conduct resource management activities. We have also started revamping our inventory methods to better assess resources, and a pilot project is underway to develop a resource stewardship model to guide field

Fairfax County has a long way to go in order to manage our natural resources fully. We have made great strides, but we also need the assistance of individuals, organizations, the business community and government entities. Tree loss in the county has been primarily on private lands. Trees on parkland cannot offset these losses, but we work closely with Urban Forest Management and others to conduct restoration on parkland. The suggestion of creating buffers to parkland is a great one. By buffering our public natural areas with resource preservation and restoration on adjoining private lands, we can not only better protect the natural areas, but we can extend and improve the ecosystem services they provide. Stormwater, deer, invasive species and land disturbance don't stop at park boundaries. We are impacted by what is happening around us. It took decades to arrive at the current state of our resources, and we are working diligently to improve them.

I encourage others who wish to learn more about the efforts of our Resource Management Division team to visit us online at http://www.fairfaxcounty.gov/parks/resources/ or to contact the Public Information Office at 703-324-8662.

#### **Judy Pedersen**

Public Information Officer Fairfax County Park Authority





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## Better Said Than Done Comes to Nature House

Better Said Than Done, a community of profesaudience. sional storytellers, will be presenting "Brrr... It's Cold Outside," a night of storytelling about trying to stay warm in a cold, cold world. The event is at 7 p.m. and 9 p.m. on Feb. 9, and all proceeds benefit Friends of Reston. Storytelling will be performed at Nature House, a Gold LEED certified nature education building funded through Friends of Reston. The event will feature entertaining performances of true, personal stories. Doors open at 6:30 p.m. for the 7 p.m. show and at 8:30 p.m. for the 9 p.m. show. Tickets are \$15 and are for sale at the door or in advance at: http:// ourbodystories.eventbrite.com. Refreshments (wine, beer, coffee, snacks) are available for purchase. Seating will be available on a first-come,

Jessica Piscitelli, founder, Better Said Than Done, and Friends of Reston board member, will host "Brrr... It's Cold Outside." Storytellers include: Mike Baireuther, Geraldine Buckley, Derek Hills, Mel Pine, Jessica Piscitelli and Kim Ruff.

Better Said Than Done defines storytelling as the art of performing a true, personal story in front of

Better Said Than Done, Inc., is a community of professional storytellers producing themed storytelling shows throughout Northern Virginia

For additional information or to see videos of past shows, visit the Better Said Than Done website at www.bettersaidthandone.com, or contact Jessica Piscitelli first-served basis. The show is intended for an adult at 571-334-8652 or jessica@bettersaidthandone.com.

## ENTERTAINMENT

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

#### SATURDAY/JAN. 26

**USE Winter Potluck & Business Meeting**. 5 p.m., at the Unitarian niversalist Church, 1625 Wiehle Ave., Reston. Current and prospective members of the Useful Services Exchange (USE) barter organization gather for dinner. 703-860-5141 or ediaVIP@aol.com.

#### **Weekend Bluegrass Concert**

**Series: Sonrise.** 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A gospel bluegrass quartet from Fredericksburg brings harmonies a cappella and masterful instruments to match. \$12; children 12-and-under, free. 703-435-8377 or kd4fue2@verizon.net.

#### TUESDAY/JAN, 29

James A. Bland Music Scholarship Competition. 7:30 p.m., at Reston unity Center Hunters Woods, 2310 Colts Neck Road, Reston. Solo musicians from local schools with a variety of voice, piano and instrumental talents compete to move up to the regional round of the competition (then to continue to district and state).

#### WEDNESDAY/JAN. 30

**Herndon Council of the Arts** Annual Meeting. 7-9 p.m., Ice Herndon. Members and the general public may join the Council for the

#### **Dry Branch Fire Squad**

## Dry Branch Fire Squad Serves up **Bluegrass With Comedy**

A bluegrass band known almost as much for their humor as their music plays traditional and old-time Appalachian style bluegrass on Friday, Feb. 1 at 8 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15; children 12 and younger free. 703-435-8377 or www.drybranchfiresquad.com.

Arts for the Annual Meeting and Awards Ceremony; refresh cash bar included www.herndonarts.org

#### FRIDAY/FEB. 1

Artists Reception: Scenic Highway/ Hopeful Calm & Beginnings. 7-9 p.m., at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon Local photographers Catherine Powers and Michael Kane present a

mixed exhibit of Powers' photography from up and down US 17 from Virginia to Florida recording the vanishing culture, and Kane's images of the natural world on a journey of discovery. 703-956-6590 or www.artspaceherndon.org.

Dry Branch Fire Squad. 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A bluegrass band known almost as much for their humor as their music plays traditional and old-time appalachian style

bluegrass. \$15; children 12 and younger, free. 703-435-8377 or www.drybranchfiresquad.com.

#### VEDNESDAY/FEB. 6

Public Art in the Windows at ArtSpace Herndon, 750 Center Street. "Public Art in the Windows" is a

community effort to promote outdoor public art in the Town of Herndon; artists and photographers are invited to submit original works of art in any medium, 703-956-6590 or www.artspaceherndon.org

#### SATURDAY/ FEB. 9

Black History Month Event. 1-2 p.m., at ArtSpace Herndon, 750 Center Street, Herndon. Student-Athletes from Herndon HS will present readings on the document, its history and importance. www.ArtSpaceHerndon.com

#### SUNDAY/FEB. 10

Dating Abuse Stops Here. 9-10 a.m., at Dulles Town Center Mall, 21100 Dulles Town Circle, Dulles. The third annual DASH at Dulles 5K Walk in memory of Siobhan Russell in protest of dating abuse is open to the public. \$15. www.datingabusestopshere.com.

#### WEDNESDAY/FEB. 13

**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-

FRIDAY/FEB. 15

Bowling for Columbine. 7 p.m., at

United Christian Parish, 11508 North Shore Dr., Reston. A showing of the Academy Award-winning documentary film about gun violence in America, by Michael Moore; the film explores the nature and relationship of guns, violence and racism. 703-620-3065.

www.oaktonathletics.org/

SATURDAY/FEB. 16

#### index.cfm?action=main.otherad&contentid=266526.

**Mill Run**. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A traditional bluegrass band featuring vocal harmonies, original songs and complex instrumentals. \$12; children 12 and younger, free. 703-435-8377 or

#### SATURDAY/MARCH 2

Beyond the Blue and Grey: The **Virginia Home Front, Artists** Reception. 7-9 p.m., at ArtSpace Herndon, 750 Center St., Herndon. A reception for the exhibit that goes beyond Civil War art to showcase a collection of ideas (on places, social history and unique attributes of the "home front") representing the Civil War era; the exhibit, up from Tuesday, Feb. 26 through Sunday, April 7, coincides with the Sunday, March 17, reenactment of Mosby's Raid on Herndon Station. www.ArtSpaceHerndon.org

#### WEDNESDAY/MARCH 13

**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.iimmystavern.com.

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Sun. Feb. 10 Al Petteway & Amy White. This celebrated due performs their

evocative combination of traditional and original Celtic and

Appalachian tunes and songs. www.alandamy.com

Beth Patterson. A Louisiana native joins her Cajun/Celtic stylings with Connemara native Patrick O'Flaherty's Gaelic musical traditions in song and dance, www.bethpattersonmusic.com

Sun. Feb. 24 Seán Tyrrell. Coming from a family immersed in the musical traditions of his native Galway, Sean was described by Billboard Magazine as "the genuine article!" www.seantyrrell.com Sean's

tour is sponsored in part by: Culture Ireland. Shannon Dunne, Graham DeZarn & Sean McComiskey. Combining Sean Nos dancing with rollicking traditional music! Sun. Mar. 10 Iona. High-energy Pan Celtic, music and dance.www.ionamusic

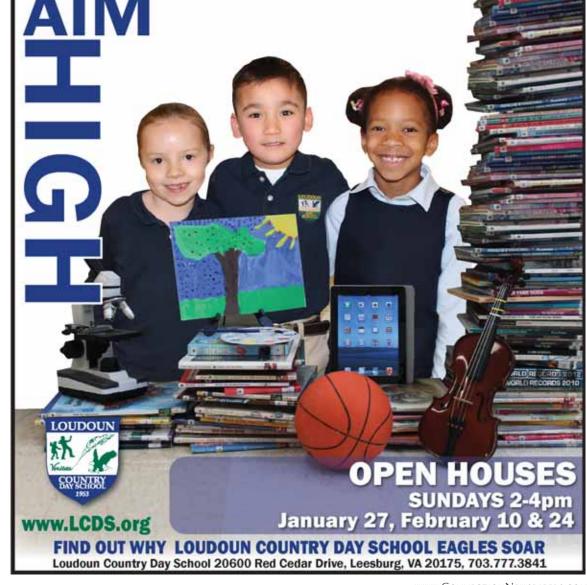
 $oldsymbol{T}$  his is our 25th season of Sunday Night Concerts, with some of the best Celtic music from d the world. We offer two seatings on Sunday nights, 4 p.m. and 6 p.m. with a ticket price of \$17 per concert, or you may purchase a season ticket for all six concerts for \$90( if

the 4 p.m. and the 6 p.m. sell out we will offer a 8p.m. seatingl. Children's tickets (under 12) are \$12 per concert or \$60 for a season ticket. There will be a full menu and full bar available during the concerts, and the concerts are non-smoking. Reservations are required in advance, just call .703-759-3309

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## CALL FOR BOARD CANDIDATES **2013 Reston Association Board of Directors**



## Interested in guiding the direction of the Reston community?

## Then consider running for the Reston Association Board of Directors.

Three seats will be open in the spring:

Lake Anne/Tall Oaks District Director North Point District Director At-Large Director

#### To qualify you must:

- Be a Member of the Reston Association either a renter or
- Complete a Candidate Statement and a Petition of Candidacy.
- If you run for a district seat, you must live in that district.

Forms must be filed by 5 p.m., Feb. 1, 2013. Candidacy Forms and other election information can be found online at www.reston.org.

The election is open to property owners and renters within

Details or questions: e-mail electionscommittee@reston.org or call 703-435-6512.





## THE COUNTY LINE

# Feeling Power of Love

From Page 4

to explore that option.

"God works in mysterious ways. We actually used to go on outings with this couple and their foster children before Tiff and I were married," he said. "We still had a lot of love to give."

"That was the core of it, the love we had for each other," Tiffany said. "You know, a lot of people say that when you lose a child, it tears a couple apart. Well, nothing could tear me away from him. He is my rock. His mental strength is astounding."

#### FAIRFAX FAMILIES4KIDS

They connected with a small agency in **Kenny Granville** County called Fairfax Families4Kids, a unique foster-mentoring program run by the Department of Neighborhood and Community Services. Created in 2005, the program's mission is to build bonds between volunteers and foster children, a majority of whom are 14 years old

According to Beverly Howard, Ph.D., coordinator of the program, every year in Fairfax County, as many as 20 teens in foster care leave the system without a family and are unable to return safely to their par-

The children who wait are typically African-American, and are age 9 or older when they enter foster care. They have emotional, medical and educational needs. Many have lived in a series of foster homes or residential facilities.

Kenny was one of the children in the program when the Granvilles decided to become mentors.

Howard said volunteers who become mentors have a lot of flexibility, and there's no specific amount of time mentors must spend with children. Some are assigned a particular child while others work with several children. Every month there are group activities for the participants and their mentors.

"We want people to know they can get involved without feeling too much pressure," Howard said.

Mentors can attend as many group outings as they want, depending on their schedule.

Outings have included a Christmas Cruise on the Potomac; the DC Kite Festival; fundraising events for the homeless and a variety of sports events and clinics, from basketball to handball. Farm Day, held twice a year in Ashburn, is a favorite event for the children. Donated by a benefactor of the program, the event is held twice a year in Ashburn, and includes horseback riding, bike-riding, games and a picnic.

Howard said all the activities are structured to allow "natural matches" to develop over time as the youth interact with the volunteers and actively help select their mentors. "Mentors see the value, the strengths and possibilities in the youth and the youth begin to form trusting relationships with the men-

Kenny met the Granvilles during Farm Day. He had just turned 13, and had been in a series of foster homes since he was 9 years old.

Before formal foster care, he was living sporadically with his biological mother from the time he and why he wanted to be adopted. was 3 years old.

Born in Dumfries, Kenny's mother had substance abuse problems. When she could not care for him, he would stay with her friends for weekends-or weeks at a time. When he was placed in foster care full-time, he had no more contact with his biological mother.



Sitting on a sofa at home, Kenny shows a visitor a book of photos from several outings. When asked if he remembers the first time he met Chris and Tiffany, he smiles broadly, and mentions that he left his coat in their car so they would have a reason to seek him out again.

The Granvilles said they felt an immediate connection to Kenny, and they would have come back to see him, even if he hadn't left his coat in their car.

"Oh yes, I definitely remember Farm Day," Tiffany

"We had been going to different events as mentors, and then Farm Day came along," she said, shaking her head and wiping away tears. "It was weird. There was this big gush of wind and this kid came out of nowhere. Literally, leaves are flying around, and I saw Kenny playing... I said to Chris 'I feel like he's going to be our child.' I mean, we thought we would adopt a younger child, but we just jelled with

"As soon as they walked in, I went up to talk to them," Kenny said.

"There was just something about him. His smile, his sense of humor, something that tugged at our hearts," Chris said.

Kenny began spending weekends with the couple, playing basketball with Chris, watching football games, and just being a "regular" kid with a family.

"Everything just fit," Chris said, "It felt like it was

Tiffany and Chris said there's no one "aha" moment they can point to when they decided to adopt Kenny. "It just seemed like the natural next step," Chris said.

As the Granvilles spent more and more time with Kenny, they became determined to adopt him. And then the couple got a surprise that some might consider a "game-changer."

She learned she was pregnant with Elijah.

"And no, we never thought about not adopting Kenny," she said, laughing.

Kenny was formally adopted by the Granvilles when he turned 14. Elijah was just weeks old, but "we wanted him there to be with his big brother,"

During the adoption proceeding, the judge asked Kenny if there was any reason not to go forward,

Because I love them. And they love me," Kenny

"There wasn't a dry eye in that courtroom," Tiffany said.

NEXT WEEK: Interviews with mentors and child who aged-out and is now homeless.

## Joys and Challenges

From Page 4

vised and supportive group environment to participate in enjoyable activities together. (Events have included chess tournaments, basketball clinics, kite festivals, a Broadway show, exercise classes, horseback riding, Internet and web design classes, and community service projects.)

#### Q: What does FFX4Kids offer foster children, and the parents who foster them?

**A:** FFX4Kids provides a social network where youth in foster care can interact with mentors, prospective adoptive families, dedicated volunteers and other children in foster care.

The dedicated FFX4Kids mentors are at the core of the "relationship-building" that keeps the youth coming back. Every participating youth experiences group mentoring for several months prior to being assigned a one-on-one mentor who agrees to mentor for at least two years. Many of these caring adults commit to being lifelong supports for the youth they mentor. Some have even adopted their mentee. Other mentors have been consistently and actively involved in the program for five, six, and seven years, and have mentored a number of different youth during that time.

#### Q: What are some FFX4Kids "success stories?"

A: We have many success stories. We have participated in 10 adoptions of youth ages 11 to 18 (most have been between ages 14-16 at the time of the adoption) and 10 permanent connections for youth ages 18 to 21. A "permanent connection" means that these young adults leave foster care with a caring, adult connection who can provide guidance and emotional support as they embark upon adulthood. Most of us know that just because you turn 18 or 21 years old, you don't automatically have all the answers, and it is always good to have an adult to help answer some of the questions that come with being an adult.

adopted by his mentors when tions, and knowledge of rehe was 15 years old. He had already spent six years in foster care, and lived in numerous

adoptive homes and residential facilities. He is a charming, likeable, athletic young fellow who is now a freshman in college and working part-time. He regularly returns to the FFX4Kids events to encourage and motivate the other kids. and just to share in the fun. His parents also continue to be active mentors for other youth in FFX4Kids and a strong supporter of the program.

"Mason" is good friends with "Paul." "Paul" has been in foster care for almost 10 years. "Paul" has also had numerous placements. He is still in foster care, participating in the Independent Living program, and enjoying his freshman year in college also. As he participates in the twice-monthly FFX4Kids activities, he finds continuous support and encouragement from the group mentors, who genuinely admire his strength and his tenacity. He is a role model and "Jr. Mentor" for the younger kids in the group.

#### Q: Knowing all of the obstacles, all of the challenges for foster children, what motivates you to keep working with foster children?

**A:** I love what I do. The youth that I have been blessed to know, are wonderful and all of them have enriched my life immeasurably. The adoptive families and mentors never cease to amaze me-by their commitment to the youth, their dedication, their energy and creativity, and their ability to see well beyond the labels that so many of our youth have gathered along their journey in foster care. They see the gifted artists, the aspiring scientists, the comedians, the athletes, and the beautiful children waiting for an opportunity to bloom.

I also have been blessed to have my own family expanded through the adoption of two older youth (ages 8 and 9). I know firsthand the joys and challenges this brings. I also know that love is not enough. The decision to adopt an older youth must come from both the head and the heart. It is critical that the adoptive family make an informed decision cognizant of all of the challenges before Success Stories: "Mason" was them, with realistic expectasources available to support the family. It is hard work, and not for the faint of heart.

## News

## Change to Intersection Raises Concerns

## Residents object to potential traffic signal at Hunter Mill and Crowell.

BY ALEX McVeigh The Connection

he Hunter Mill District Land Use Committee heard a request from Oakcrest School Tuesday, Jan. 15, to amend the special exception that would allow them to alter the intersection at Hunter Mill Road and Crowell Road, an alteration that has raised objections from nearby residents.

Oakcrest is a private Catholic school for girls currently located in McLean. Four years ago, they began searching for a new location, one that would allow them to expand as needed. They found a site on the Reston-Vienna border, just north of the Dulles Toll Road on Hunter Mill Road.

THEIR PROPOSAL was approved by the Fairfax County Board of Supervisors in March 2010, but the approval was contingent on the school paying to turn the intersection of Crowell Road and Hunter Mill Road into a roundabout.

"The school has been prepared to implement the roundabout since the approval, going so far as to offer above market value for the properties needed for the right-ofway for the roundabout," said Greg Riegle, a land use attorney representing the school. "But it soon became apparent we wouldn't be able to purchase the property, with some refusing to sell at any price, and some naming prices that just aren't economically feasible. And quite frankly, we need all of the properties to make the roundabout."

Riegle said they would not have even proposed to change from the roundabout if not for three years



The three-way stop sign at **Hunter Mill Road and Crowell Road could be** replaced with a traffic signal, which has led to objections from local residents.

unsuccessfully spent trying to get right-of-way.

"The strength of our application was to take a failing intersection and make it better," he said. "But now we're stuck with an approval we can't implement."

Chad Loudon, who owns the property at the northeast corner of the intersection, said getting the right-of-way parcel from his property was not even possible.

"The right-of-way needed on my property would have come up to my garage, leaving me with no front or side yard," he said. "We would have lost our trees and any protection from the street, and that's if it was even legal from a zoning standpoint."

The school is now proposing to put a traffic light at the intersection, which was the change they brought to the committee's Jan. 15

Riegle said the traffic light would prove less burdensome and require less land than the roundabout, and they need the Board of Supervisors to approve the change to the previously approved special exception.

However, residents in the area say they are opposed to the idea of a traffic light, citing massive backups to the toll road already.

"My driveway is .7 miles from the three-way stop, and with exiting conditions, toll road traffic backs up past my mailbox," said Cindy Stanton. "I'm a supporter of the idea of a school on the property, I think it will be a benefit. But the three-way stop isn't the problem, it's the lights around the toll road on Hunter Mill. And I don't think a new light will help."

Jeff Allinson, who also lives on Browns Mill Road, says there's already an example of the damage a light can do.

"A good case study is the light they added at Beulah Road, and it was a painful experience," he said. "We've already seen traffic increase exponentially on our road as the tolls have gone up, and I think this light will turn it into gridlock."

Loudon said he was disappointed that, as a landowner, he hasn't been informed as to the latest plans for the intersection.

**THE COMMITTEE** did not come up with a recommendation at their Jan. 15 meeting, as there were not enough members of the eightmember committee to reach a quorum. They will discuss the item again at their Feb. 19 meeting, and expect to make a recommendation at that meeting. The committee's purpose is to review land use applications and make a recommendation before the application is heard by the Fairfax County Planning Commission and Board of Supervisors.







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# SPORTS

# Manner's 37 Points Lead Oakton Past Centreville

Cougars beat Wildcats in battle of Concorde's top two teams.

> By Jon Roetman The Connection

he Centreville girls' basketball team, owner of an up-tempo style and winner of 14 of its first 15 games, approached Friday's contest confident it could beat Oakton despite a losing streak against the Cougars dating back to

But after the opening tip, the Wildcats' confidence turned to timidness against 6-foot-1 Oakton

senior Elizabeth Manner and the eight-time defending Concorde District champion Cougars.

Manner scored 37 points and grabbed 14 rebounds as Oakton defeated Centreville 65-48 on Jan. 18 at Oakton High School. The defending state champion Cougars improved to 14-2 overall and moved into sole possession of first place in the Concorde District with a 4-0 mark.

The Wildcats had no answer for the physically imposing Manner, who burned Centreville in the paint, from the perimeter and at the free-throw line. At the other end of the floor, head coach Tom Watson said the Wildcats weren't their usual attacking selves.

"I think we came out scared in the first half," he said. "I think we were awful. I think we didn't bring our game. We were afraid to penetrate—that's not our game. I think that big girl from Oakton intimidated [our players]."

Manner scored 16 points in the paint, made one jumper, knocked down one 3-pointer and went 16for-19 at the free-throw line.

"We don't have bunches of plays for her," Oakton head coach Fred Priester said. "We're an equal-opportunity offense. But when things break down, the kids have great trust in her and great faith in her. She's a big girl, but she's extremely agile and she moves around that basket very well. . . . She has worked as hard and has come as far as, really, any kid I've ever coached."

OAKTON LED BY 12 at halftime, but Centreville pulled to within five on three occasions late in the third quarter and trailed 43-36 entering the fourth. Manner extended the Oakton lead with a pair of buckets in the opening minute and finished with 15 points in the final quarter. She made seven of eight she can take what Priester tells her and put it into free-throw attempts during the final four minutes, 25 seconds.

Oakton led 17-8 at the end of the first quarter. Manner scored 11 points in the opening period, making nine of 10 free-throw attempts.

Priester said Manner has come a long way at the foul line since her freshman season. According to stats from the Washington Post's website, Manner



Oakton senior center **Elizabeth Manner scored 37** points during a 65-48 victory against Centreville.



Oakton senior guard Helen **Roberts scored 11 points** against Centreville.

shot 76 percent from the line through this season's first 16 games.

"Her freshman year, I think she started the season something like 3-for-28," Priester said. "She got better to get it up to some reasonable number by the end of the year. We didn't do anything ridiculous or strap her to a waterboard or anything like that. Every day we work on form shooting, form shooting, form shooting. It just comes about."

Manner said improvement at the line was about building confidence.

"We work on our shot every day in practice," Manner said, "so I started to get more comfortable with it and then I just stopped thinking about it and just shot the ball like we do in practice every day."

While Watson praised Manner, the Centreville coach wasn't pleased the Oakton center was not whistled for a foul during the game.

"She's great. She's a good player. She's another [Washington Mystics guard and former Oakton star] Jasmine [Thomas]—she gets every call in the world," Watson said. "It doesn't matter what you do, she gets a call. That's irritating for a coach. That's why I was barking. It just gets old. She had 16 free throws and she had zero fouls. How could she not have a single foul in there? You don't think we drove on her and bumped her the same way she bumped us?"

Oakton senior guard Helen Roberts scored 11 points. Senior forward Angela Sickels finished with seven points and sophomore guard Karlie Cronin had six.

Sophomore guard Lindsey Abed added four points and seven rebounds.

"I think Lindsey played phenomenal tonight," Manner said. "She has a good sense of where people are open and she has a good calmness about her where action."

OAKTON TRAVELED to face Westfield on Tuesday, after the Connection's deadline. The Cougars will host Herndon at 7:30 p.m. on Friday, Jan. 25.

The second meeting between Oakton and Centreville will be Feb. 5 at Centreville High School. "I can't wait," Watson said.



**South Lakes** junior center **Abigail** Rendle, seen during a preseason scrimmage, scored nine points against McLean on Jan. 18.

Рното ву Craig Sterbutzel

## South Lakes Girls' Basketball Beats McLean

The South Lakes girls' basketball team moved into first place in the Liberty District standings with a 53-45 victory over McLean on Jan. 18 at South Lakes High School.

Sports BRIEFS

The Seahawks improved to 14-2 overall, including 7-1 in the district, and snapped McLean's 11-game win streak.

Junior guard Caitlin Jensen led South Lakes with 14 points, including a trio of 3-pointers. Sophomore forward Princess Aghayere scored 10 points and

grabbed 11 rebounds, junior guard Sasha Sprei totaled nine points and five assists, and junior center Abigail Rendle added nine points and six rebounds.

McLean dropped to 12-4 overall and 6-2 in the district, with both losses coming against South Lakes. Senior post Lisa Murphy led the Highlanders with 15 points and junior guard Elena Karakozoff had nine.

McLean head coach Mike O'Brien wrote in an email that the Highlanders were "out-hustled and out-worked" by South Lakes.

The Seahawks, who are ranked No. 17 in the Washington Post's top 20, traveled to face Langley on Tuesday, after The Connection's deadline. South Lakes will go on the road to face Thomas Jefferson at 7:30 p.m. on Friday, Jan. 25.

## **Langley Hockey Continues** Its Undefeated Season

The Langley hockey team played another strong game in a divisional matchup, beating up on Yorktown 12-3 on Jan. 18. Langley is now 5-0 in the NVSHL at the halfway point in the season.

Langley limited Yorktown's star player, Cameron Smith, to the three goals scored by Yorktown. Langley registered 41 shots on goal, led by a breakout game by sophomore Colin Dibble, who had a six-point night, including a hat trick.

Not to be outdone, senior captain Evan Sterling also registered a hat trick and three assists, while the other six goals were scored by senior assistant captain Kevin Diner (two goals with one assist), junior Drew Schneider (two goals with two assists), senior Derick Paxton (one goal with four assists) and senior Zach Shames (one goal with one assist). Additional assists were registered by sophomore Will Clemson (3) with one each by senior Peter Nam, senior assistant captain Logan Pontell and sophomore Conor Maddry. Junior Colin Framinan had another strong game in goal.

Langley has only given up seven goals all season.

## Herndon Boys' Basketball Loses to Westfield

The Herndon boys' basketball team had its three-game win streak snapped with a 56-53 loss to Westfield on Jan. 18. The Hornets dropped to 10-5 overall and 2-2 in the Concorde District.

According to stats from the Washington Post's website, Will Ferguson led Herndon with 19 points. Dorian Johnson finished with nine points, Trevon Wright scored eight, and Kent Auslander and Ryan Griffin each had seven.

Herndon hosted Robinson on Tuesday, after the Connection's deadline. The Hornets will host Oakton at 7:30 p.m. on Friday, Jan. 25.

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1508 WYERHAWEN CT										
2515 PEGASUS IN 5 2 1 RESTON \$560,000 Detached 0.48 20191 RESTON 2241 CEDAR COVE CT 3 3 1 RESTON \$530,000 Drowhbouse 0.06 20191 RESTON 2241 CEDAR COVE CT 4 3 1 RESTON \$525,000 Townbouse 0.06 20191 RESTON 3.0 PARK GARDEN IN 3 1 RESTON \$525,000 Townbouse 0.06 20191 RESTON 2010 PARK GARDEN IN 3 1 RESTON \$525,000 Townbouse 0.06 20191 RESTON 2010 PARK GARDEN IN 3 1 RESTON \$525,000 Drowhbouse 0.05 20191 RESTON 2010 PARK GARDEN IN 4 1 RESTON \$525,000 Drowhbouse 0.05 20191 RESTON 11738 INDIAN RIDGE RD 4 3 1 RESTON \$525,000 Drowhbouse 0.05 20191 RESTON 11738 INDIAN RIDGE RD 4 3 0 RESTON \$525,000 Drowhbouse 0.05 20191 RESTON 2010 PARK GARDEN IN 4 2 0 RESTON \$467,000 Genden 1.4 Plocar 2010 J MARKET STREET TOWN CEDWIT 11738 INDIAN RIDGE RD 4 3 0 RESTON \$467,000 Genden 1.4 Plocar 2010 J MARKET STREET TOWN CEDWIT 1190 MARKET ST #140.6 1 2 0 RESTON \$455,000 HENSE PER PROSE 2019 MARKET STREET TOWN CEDWIT 1190 MARKET ST #140.6 1 2 0 RESTON \$455,000 HENSE PER PROSE 2019 MINITOWN RESTON TOWN 2010 MINITOWN NORTH 11990 MARKET ST #140.6 1 2 0 RESTON \$430,000 HENSE PER PROSE 2019 MINITOWN RESTON TOWN 2010 MARKET ST #140.6 1 2 0 RESTON \$430,000 HENSE PER PROSE 2019 MINITOWN RESTON TOWN 2010 MARKET ST #140.6 1 2 0 RESTON \$430,000 HENSE PER PROSE 2019 MINITOWN NORTH 11990 MARKET ST #140.6 1 2 0 RESTON \$420,000 Genden 1.4 Picos 2019 MINITOWN NORTH 11990 MARKET ST #140.6 1 RESTON \$420,000 Genden 1.4 Picos 2019 MINITOWN RESTON TOWN 2010 MINITOWN RESTON										
2231 CEDAR COVE CT										
2241 CEPAR COVE CT										
1930 HARK GARDEN LN   3   3   1   RESTON   \$525,000   Denached   0.37   20191   RESTON   2009 CEAPAR COVE CT   4   3   0   RESTON   \$523,000   Denached   0.37   20191   RESTON   2009 CEAPAR COVE CT   4   3   1   RESTON   \$523,000   Denached   0.37   20191   RESTON   2009 CEAPAR COVE CT   4   3   1   RESTON   \$523,000   Downhouse   0.07   20191   RESTON   11812 TRIPLE CROWN RD   4   3   0   RESTON   \$482,500   Denached   0.46   20191   RESTON   11812 TRIPLE CROWN RD   4   3   0   RESTON   \$482,500   Denached   0.46   20191   RESTON   11812 TRIPLE CROWN RD   4   3   0   RESTON   \$482,500   Denached   0.46   20191   RESTON   11812 TRIPLE CROWN RD   4   3   0   RESTON   \$453,000   Townhouse   0.04   20194   RESTON   11900 MARKET ST #1406   1   2   0   RESTON   \$453,000   Townhouse   0.04   20194   RESTON   12904 MARKET STREET TOWN CENTR   12904 MARKET ST #1406   1   2   0   RESTON   \$453,000   Townhouse   0.04   20194   RESTON   2404 DUT TRAIL DR   4   3   0   RESTON   \$447,000   Denached   0.16   20191   RESTON   2404 DUT TRAIL DR   4   3   0   RESTON   \$447,000   Denached   0.16   20191   RESTON   2015 WANN SINCK WAY   3   2   1   RESTON   \$423,000   Townhouse   0.06   20191   RESTON   2015 WANN SINCK WAY   3   2   1   RESTON   \$423,000   Townhouse   0.06   20191   RESTON   2015 WANN SINCK WAY   3   2   1   RESTON   \$423,000   Townhouse   0.06   20191   RESTON   2015 WANN SINCK WAY   3   2   0   RESTON   \$423,000   Townhouse   0.06   20191   RESTON   2015 WANN SINCK WAY   3   2   0   RESTON   \$400,000   Garden 14 fboots   20190   MIDTOWN RTHESTON   2015 WANN SINCK WAY   3   2   0   RESTON   \$400,000   Garden 14 fboots   20190   MIDTOWN RTHESTON   20190   TOWNHOUSE   20190   TOW										
2909 FORK FIRE CT										
Page										
11738 INDIAN RIDGER D										
ISBSTON   SARZESTON   SARZES										
12001 MARKET ST # 250   3 2 0										
1406 SIMMER HOUSE CT   3										
1990 MARKET ST #1406										
2343 OLD TRAIL DR.										
1291 WINTAGE PI	11990 MARKET ST #1406	1 .	2 .	0	RESTON	\$450,000	Hi-Rise 9+ Fl	loors	20190	MIDTOWN AT RESTON TOWN
2051 SWANS NECK WAY	2343 OLD TRAIL DR	4 .	3 .	0	RESTON	\$447,000	Detached	0.16	20191	RESTON
12025 NEW DOMINION PRWY#411										
11990 MARKET ST # 1004										
SEG STRATFORD PARK P. #304										
11565 WOODHOLLOW CT										
11467 WATERVIEW CLISTER										
2327 MIDDLE CREEK IN										
11614 NEWBRIDGE CT										
SECTIVISTED OAK DR										
1758 IN OAK SQ #34										
246 WHISPERWOOD GLEN LN   3   2   1   RESTON   \$346,000   Townhouse   0.02   20191   RESTON										
1647 SIERRA WOODS DR	1/58 IVY OAK SQ #34	3.	2 .	1	RESTON	\$350,000	Townhouse		20190	IVY OAK CONDO
11014 SAFFOLD WAY										
1747 NY OAK SQ										
11255 SILENTIVOOD IN										
1823 NY OAK SO #54										
1608 POPLAR GROVE DR										
1344										
1701 LAKE SHORE CREST DR #16	1944E CARDENIMALL CID #E11	∠ .	I .	I	RESTON	\$315,000 ¢200,000	IOWIIIOUSE	U.UZ loom	20194	RESION
1701 LAKE SHORE CREST DR #16										
2465 PYRENEES CT 3 3 3 0 RESTON \$299,900 Townhouse 0.03 20191 RESTON 2283 CHESTINUT BURR CT 2 2 1 RESTON \$285,000 Townhouse 0.02 20191 RESTON 1313 GARDEN WALL CT #808 2 2 0 RESTON \$285,000 Townhouse 0.02 20191 RESTON 2359 EMERALD HEIGHTS CT 3 2 1 RESTON \$225,000 Townhouse 0.03 20191 RESTON 2053 WHISPERWOOD GLEN LN 2 1 RESTON \$269,000 Townhouse 0.03 20191 RESTON 12193 SANIBEL CT 3 1 1 RESTON \$269,000 Townhouse 0.03 20191 RESTON 2104 GREEN WATCH WAY #11/201 2 2 0 RESTON \$263,200 Townhouse 0.03 20191 RESTON 2104 GREEN WATCH WAY #11/201 2 2 0 RESTON \$262,000 Garden 1.4 Floors 20191 RESTON 2104 GREEN WATCH WAY #11/201 2 2 0 RESTON \$250,000 Garden 1.4 Floors 20191 RESTON 1663 PARKCREST CIR #5B/100 2 2 0 RESTON \$255,000 Garden 1.4 Floors 20191 HUNTERS CROSSING 1663 PARKCREST CIR #5B/100 2 2 0 RESTON \$247,500 Garden 1.4 Floors 20190 BENTANA PARK 2129 WHISPER WAY 2 2 1 1 RESTON \$239,000 Townhouse 0.03 20191 RESTON 1592 MOORINGS DR #22 2 1 1 RESTON \$239,000 Townhouse 0.03 20191 RESTON 11730 SUMMERCHASE CIR #C 2 1 0 RESTON \$229,500 Garden 1.4 Floors 20190 BENTANA PARK 211806 BRETON CT #32 2 1 1 RESTON \$221,000 Garden 1.4 Floors 20190 LAKEVIEW 11730 SUMMERCHASE CIR #C 2 1 0 RESTON \$214,000 Garden 1.4 Floors 20194 SUMMERRIDGE 11806 BRETON CT #32 2 1 1 RESTON \$213,000 Garden 1.4 Floors 20191 HUNTERS WOODS VILLAGE 1708 ABERCROMBY CT #1708C 2 1 0 RESTON \$213,000 Garden 1.4 Floors 20190 PARCRESTON 11625 VANTAGE HILL RD #1C 3 2 0 RESTON \$213,000 Garden 1.4 Floors 20190 WANTAGE HILL 1414 NORTHGATE SQ #1414-12 2 2 0 RESTON \$210,000 Garden 1.4 Floors 20190 WANTAGE HILL 1414 NORTHGATE SQ #1414-12 2 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 HUNTERS WOODS VILLAGE 11821 BRETON CT #22D 2 1 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11743 LEDURA CT #103 2 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11743 LEDURA CT #103 2 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11615 STONEVIEW SQ #202C 3 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 1161650 STONEVIEW SQ #90/22C 3 2 0 RESTON \$180,000 Garden 1.										
2283 CHESTNUT BURR CT										
1313 GARDEN WALL CT #808										
2359 EMERALD HEIGHTS CT 3 2 1 RESTON \$275,000 Townhouse 0.03 20191 RESTON 2053 WHISPERWOOD GLEN LN 2 1 1 RESTON \$269,000 Townhouse 0.02 20191 RESTON 12193 SANIBEL CT 3 1 1 RESTON \$263,200 Townhouse 0.03 20191 RESTON 2104 GREEN WATCH WAY #11/201 2 2 0 RESTON \$263,200 Garden 1.4 Floors 20191 RESTON 2234 HUNTERS RUN DR #2234 2 2 0 RESTON \$255,000 Garden 1.4 Floors 20191 HUNTERS CROSSING 1663 PARKCREST CIR #5B/100 2 2 0 RESTON \$247,500 Garden 1.4 Floors 20191 BENTANA PARK 2129 WHISPER WAY 2 1 1 RESTON \$239,000 Townhouse 0.03 20191 RESTON 1592 MOORINGS DR #22 2 1 1 RESTON \$229,000 Garden 1.4 Floors 20190 BENTANA PARK 2129 WHISPER WAY 2 1 1 RESTON \$229,000 Townhouse 0.03 20191 RESTON 1592 MOORINGS DR #22 2 1 1 RESTON \$229,000 Garden 1.4 Floors 20190 LAKEVIEW 11730 SUMMERCHASE CIR #C 2 1 0 RESTON \$221,000 Garden 1.4 Floors 20190 LAKEVIEW 11780 BRETON CT #32 2 1 1 RESTON \$214,900 Garden 1.4 Floors 20190 SUMMERRIDGE 11806 BRETON CT #32 2 1 1 RESTON \$214,900 Garden 1.4 Floors 20191 HUNTERS WOODS VILLAGE 1708 ABERCROMBY CT #1708C 2 1 0 RESTON \$213,000 Garden 1.4 Floors 20190 PARCRESTON 11625 VANTAGE HILL RD #1C 3 2 0 RESTON \$211,000 Garden 1.4 Floors 20190 NORTHGATE 11821 BRETON CT #22D 2 1 0 RESTON \$210,000 Garden 1.4 Floors 20190 NORTHGATE 11821 BRETON CT #22D 2 1 0 RESTON \$180,000 Garden 1.4 Floors 20191 HUNTERS WOODS VILLAGE 11651 STONEVIEW SQ #22C 3 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 HUNTERS WOODS VILLAGE 11651 STONEVIEW SQ #22C 3 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11743 LEDURA CT #103 2 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11743 LEDURA CT #103 2 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11615 STONEVIEW SQ #202C 3 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11615 STONEVIEW SQ #2072C 3 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SPRINGWOOD 11650 STONEVIEW SQ #3072CC 3 2 0 RESTON \$180,000 Garden 1.4 Floors 20191 SHADOWOOD 2321 FREETOWN CT #24/1B 2 1 0 RESTON \$120,000 Garden 1.4 Floors 20191 SHADOWOOD 2321 FREETOWN CT #24/1B 2 1 0 RESTON \$120,000 Gar										
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1663 PARKCREST CIR #5B/100       2       2       0       RESTON       \$247,500       Garden 1-4 Floors       20190       BENTANA PARK         2129 WHISPER WAY       2       1       1       RESTON       \$239,000       Townhouse       0.03       20191       RESTON         1592 MOORINGS DR #22       2       1       1       RESTON       \$229,500       Garden 1-4 Floors       20190       LAKEVIEW         11730 SUMMERCHASE CIR #C       2       1       0       RESTON       \$221,000       Garden 1-4 Floors       20194       SUMMERCHIEGE         11806 BRETON CT #32       2       1       1       RESTON       \$214,900       Garden 1-4 Floors       20191       HUNTERS WOODS VILLAGE         1708 ABERCROMBY CT #1708C       2       1       0       RESTON       \$213,000       Garden 1-4 Floors       20190       PARCRESTON         11625 VANTAGE HILL RD #1C       3       2       0       RESTON       \$211,000       Garden 1-4 Floors       20190       VANTAGE HILL         1414 NORTHGATE SQ #1414 12       2       2       0       RESTON       \$210,000       Garden 1-4 Floors       20190       NORTHGATE         11821 BRETON CT #22D       2       1       0       RESTON       \$180,00										
2129 WHISPER WAY 2 2 1 1 RESTON \$239,000 Townhouse 0.03 20191 RESTON 1592 MOORINGS DR #22 2 1 1 1 RESTON \$229,500 Garden 1-4 Floors 20190 LAKEVIEW 11730 SUMMERCHASE CIR #C 2 1 0 RESTON \$221,000 Garden 1-4 Floors 20194 SUMMERIDGE 11806 BRETON CT #32 2 1 1 RESTON \$214,900 Garden 1-4 Floors 20191 HUNTERS WOODS VILLAGE 1708 ABERCROMBY CT #1708C 2 1 1 0 RESTON \$214,900 Garden 1-4 Floors 20191 HUNTERS WOODS VILLAGE 1708 ABERCROMBY CT #1708C 2 1 0 RESTON \$213,000 Garden 1-4 Floors 20190 PARCRESTON 11625 VANTAGE HILL RD #1C 3 2 0 RESTON \$211,000 Garden 1-4 Floors 20190 VANTAGE HILL 1414 NORTHGATE SQ #1414-12 2 2 0 RESTON \$210,000 Garden 1-4 Floors 20190 NORTHGATE 11821 BRETON CT #22D 2 1 0 RESTON \$180,000 Garden 1-4 Floors 20191 HUNTERS WOODS VILLAGE 11651 STONEVIEW SQ #22C 3 2 0 RESTON \$180,000 Garden 1-4 Floors 20191 HUNTERS WOODS VILLAGE 11651 STONEVIEW SQ #22C 3 2 0 RESTON \$180,000 Garden 1-4 Floors 20191 SPRINGWOOD 11743 LEDURA CT #103 2 2 0 RESTON \$179,900 Garden 1-4 Floors 20191 SPRINGWOOD 11611 STONEVIEW SQ #11C 3 2 0 RESTON \$162,500 Garden 1-4 Floors 20191 SPRINGWOOD 11650 STONEVIEW SQ #90/22C 3 2 0 RESTON \$162,500 Garden 1-4 Floors 20191 SHADOWOOD 2321 FREETOWN CT #224/1B 2 1 0 RESTON \$120,000 Garden 1-4 Floors 20191 SHADOWOOD 2321 FREETOWN CT #224/1B 2 1 0 RESTON \$120,000 Garden 1-4 Floors 20191 SHADOWOOD 2321 FREETOWN CT #224/1B 2 1 0 RESTON \$120,000 Garden 1-4 Floors 20191 GLENVALE										
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11730 SUMMERCHASE CIR #C       2       1       0       RESTON       \$221,000       Garden 1-4 Floors       20194       SUMMERRIDGE         11806 BRETON CT #32       2       1       1       RESTON       \$214,900       Garden 1-4 Floors       20191       HUNTERS WOODS VILLAGE         1708 ABERCROMBY CT #1708C       2       1       0       RESTON       \$213,000       Garden 1-4 Floors       20190       PARCRESTON         11625 VANTAGE HILL RD #1C       3       2       0       RESTON       \$211,000       Garden 1-4 Floors       20190       VANTAGE HILL         1414 NORTHGATE SQ #1414-12       2       2       0       RESTON       \$210,000       Garden 1-4 Floors       20190       NORTHGATE         11821 BRETON CT #22D       2       1       0       RESTON       \$198,000       Garden 1-4 Floors       20191       HUNTERS WOODS VILLAGE         11651 STONEVIEW SQ #22C       3       2       0       RESTON       \$180,000       Garden 1-4 Floors       20191       SHADOWOOD         11743 LEDURA CT #103       2       2       0       RESTON       \$179,900       Garden 1-4 Floors       20191       SPRINGWOOD         11611 STONEVIEW SQ #111C       3       2       0       RESTON       \$	1592 MOORINGS DR #22	2	1	1	RESTON	\$229,500	Garden 1-4 Fl	loors	20190	LAKEVIEW
11806 BRETON CT #32       2       1       1       RESTON       \$214,900       Garden 1-4 Floors       20191       HUNTERS WOODS VILLAGE         1708 ABERCROMBY CT #1708C       2       1       0       RESTON       \$213,000       Garden 1-4 Floors       20190       PARCRESTON         11625 VANTAGE HILL RD #1C       3       2       0       RESTON       \$211,000       Garden 1-4 Floors       20190       WANTAGE HILL         1414 NORTHGATE SQ #1414-12       2       2       0       RESTON       \$210,000       Garden 1-4 Floors       20190       NORTHGATE         11821 BRETON CT #22D       2       1       0       RESTON       \$198,000       Garden 1-4 Floors       20191       HUNTERS WOODS VILLAGE         11651 STONEVIEW SQ #22C       3       2       0       RESTON       \$180,000       Garden 1-4 Floors       20191       SHADOWOOD         11743 LEDURA CT #103       2       2       0       RESTON       \$179,900       Garden 1-4 Floors       20191       SPRINGWOOD         11650 STONEVIEW SQ #11C       3       2       0       RESTON       \$162,500       Garden 1-4 Floors       20191       SHADOWOOD         11650 STONEVIEW SQ #90/22C       3       2       0       RESTON       \$1										
1708 ABERCROMBY CT #1708C       2       1       0       RESTON       \$213,000       Garden 1-4 Floors       20190       PARCRESTON         11625 VANTAGE HILL RD #1C       3       2       0       RESTON       \$211,000       Garden 1-4 Floors       20190       VANTAGE HILL         1414 NORTHGATE SQ #1414-12       2       2       0       RESTON       \$210,000       Garden 1-4 Floors       20190       NORTHGATE         11821 BRETON CT #22D       2       1       0       RESTON       \$198,000       Garden 1-4 Floors       20191       HUNTERS WOODS VILLAGE         11651 STONEVIEW SQ #22C       3       2       0       RESTON       \$180,000       Garden 1-4 Floors       20191       SHADOWOOD         11743 LEDURA CT #103       2       2       0       RESTON       \$179,900       Garden 1-4 Floors       20191       SPRINGWOOD         11651 STONEVIEW SQ #11C       3       2       0       RESTON       \$162,500       Garden 1-4 Floors       20191       SHADOWOOD         11650 STONEVIEW SQ #90/22C       3       2       0       RESTON       \$158,500       Garden 1-4 Floors       20191       SHADOWOOD         2321 FREETOWN CT #24/1B       2       1       0       RESTON       \$120,000 </td <td></td>										
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#### Week in Reston

From Page 5

"We have heard about the freezing temperatures and harsh conditions in the refugee camps and we know the needs are great," said Fran McElvey, chair of the church's Missions Ministry. "We hope that caring people throughout our community will donate lots of warm clothes for children and women."

Besides used and new clothing, needed are boots and shoes, blankets, towels, sleeping bags, tents and cooking pots. It would be helpful if items are wrapped in large plastic bags. Financial donations for shipping costs are also needed. Checks may be made out to UCP and marked "For Syrian relief."

Hours of the drive will be from 9 a.m. to 5 p.m. on Friday, Feb. 8; Saturday, Feb. 9; and Sunday, Feb. 10. Donations will be received at an exterior door Conn., tragedy," said Lousia Davis, chair of the off the back parking lot.

The drive was sparked by Adnan (Dan) Bishara, originally of Syria, who has lived in Reston in 2009 and attends the United Christian Parish. Bishara said both the number of refugees and their needs continue to increase.

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

## Public Invited to See 'Bowling for Columbine'

"Bowling for Columbine," Academy Award-winning documentary film about gun violence in America by Michael Moore, will be shown on Friday, Feb. 15 at 7 p.m. at the United Christian Parish, 11508 North Shore Drive, Reston. The event is free and open to the public.

"This film, made in 2002, explores the nature and relationship of guns, violence and racism in America and has new relevance in light of the Newtown, church's Justice Mobilization Taskforce. "Afterwards. we will discuss legislative and community initiatives to stop the proliferation of guns."

For more information, call the church office at 703-



When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times** 

## Burke

6308 Swan Landing Ct.....\$609,000...... ....Sun 1-4.......Suzanne Burch.......Century 21..703-328-5606 ...\$475,000..Sun 1:30-3:30......James Nellis...........RE/MAX..703-930-0655

## Centreville

6487 Trillium House Ln....\$999,900.......Sun 10-4 .......Jean Marotta......Birch Haven..703-402-9471

## Clifton

....Sun 1-4......Ed Duggan...... Century 21 ...703-989-7735 6324 Deepwood Farm Dr., \$579,000...

## Haymarket

.\$349,900 .....Sun 2-4......Billy Thompson.. Samson Props .. 703 409-0340 1840 Ridge Rd.

## Springfield

..\$459,950. 7262 Linden Tree Ln. .Weichert..703-862-8808

## Sterlina

..\$1,229,000.

## Vienna

\$929,000

Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail All listings due by Monday at 3 P.M

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7:45 a.m. Holy Eucharist, Rite I Holy Eucharist, Rite II

Sunday school: preschool - grade 2 Music: grades 3 - 7

10:25 a.m. Sunday School Grades 3 to 12 Music 4 years to 2nd grade 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 a.m. service

The Rev. James Papile, Rector The Rev. Jacqueline Thomson The Rev. Laura Cochran 703-437-6530

www.stannes-reston.org 1700 Wainwright Dr., Reston





Zone 1: • Reston Herndon • Loudoun

# **EMPLOYMENT**

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ZONE I AD DEADLINE: TUESDAY 4 P.M.

Zone 1: • Reston Herndon
 Loudoun



21 Announcements 21 Announcements

**AIRLINE** 

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ZONE 1 AD DEADLINE: Monday Noon

21 Announcements

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#### **COMPUTER-**

Sr. QA Test Engineer—Herndon, VA. Provide tech leadership for end-toend cross-functional QA testing of bus systems throughout SDLC. Reqs: Bach degree (or foreign equiv) in CS, Eng. or rltd tech field + 4 yrs sw dev &/or testing exp, at least 2 yrs must incl. performing automated testing of apps in Microsoft & Unix environments, incl. working w/ SOA web services (incl.XML & SQL), HP Service Test, HP Quality Center, VBA Automation/Excel, & CSG & Amdocs DDP billing systems. Apply to: Denise Mapes, HR, Comcast Cable Communications, LLC, 1500 Market St. 11th Fl East, Philadelphia, PA 19102; or denise mapes@cable.comcast.com.

Ref. job ID#0584.

#### **ENGINEER-**Principal Engineer, **Residential E-mail Services**

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

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ZONES

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The Oak Hill/Herndon Connection Zone 2: The Springfield Connection
The Burke Connection The Fairfax Connection

The Fairfax Station/Clifton/ Lorton Connection The Alexandria Gazette Packet The Mount Vernon Gazette

Zone 4: Zone 5:

Centre View North Centre View South The Potomac Almanac

The Arlington Connection The Vienna/Oakton Connection
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Zone 1: • Reston • Herndon • Loudoun

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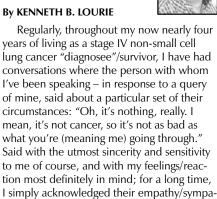
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## The Best of Intentions, I'm Sure

By KENNETH B. LOURIE



thy and continued on with our conversation

as if no emotional pot - of mine, had been

As time has passed, however, and I have continued to evolve as a cancer patient; meaning it wasn't about me all the time any more, responses to questions I asked, like the one inferred in the previous paragraph, began to irritate me - regardless of how wellmeaning they were. Granted, a cancer diagnosis is bad news, but there's always worse in my mind. And when people would selfcensor their answers to me about something bad in their lives - which from their perspective was not as bad as receiving a diagnosis of terminal cancer as I had, it began to have the opposite effect on me. I felt worse for their not having said whatever their bad news was as if I was (A) inadvertently responsible for their not answering my question and (B) since I was the ultimate bad situation, nothing could ever be worse than my situation, so it seemed inappropriate somehow to consider even mentioning it. In short, I became the measuring stick for "bad," and since people rarely shared their bad news with me (out of kindness, I know), it meant - to me, anyway, that my news/situation was worse. How would you like to be the bad news/situation against which all presumably bad situations are compared? Every time I hear: "Well, compared to your...," I feel even worse than I try to never let myself feel. Internally I can manage it. But when external forces - random though they may be, context me in a depressing and disparaging way, I feel depressed and disparaged; two feelings which I fight hard to avoid. Cancer already has a foothold. I'm trying to prevent it from having a stranglehold.

As a cancer patient, one has sufficient challenges and surprises navigating through the various treatment protocols/requirements/appointments/scans, etc., attempting to assimilate the unthinkable into the "firstthing-you-thinkable." The experience is sort of like going from the sublime to the ridiculous except there's nothing sublime or ridiculous about it. (And by the way, your life depends on it.) Ergo, reinforcing a negative, as in my diagnosis being a conversation stopper – or re-director – takes me to a place, emotionally, that I never want to go to or be perceived as having been. I'm not sure if this is ego or naïveté or denial, but I can manage my feelings better when I bring them on myself rather than when others do so.

Now whether where I am emotionally, or low I got there really matters in the short term, I cannot say. But if there's going to be a long term, I need to feel better about my circumstances, not worse. They're bad enough on their own; I don't need any help making them worse.

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

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ROOFING

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