

Residents Air Concerns to Legislators

NEWS, PAGE 5

Del. Tom Rust (R-86) and State Sen. Jennifer Wexton (D-33) met with area residents to find out about their concerns about important issues on Jan. 17.



Comstock: Serving You in the People's House

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Mathews Win Final 2014 Good Neighbor Award

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PHOTO BY REENA SINGH/ THE CONNECTION

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.



PHOTO CONTRIBUTED

From left — Ruhi Jame, Gracie Larrick, Melissa Herr and Taylor Anderson, all students from Fox Mill Elementary School, pictured in their Junior Girl Scout Vests, in September 2014 when they received the medals. The girls are from Service Unit 51-7.

Four Brave Girls Take Immediate Action to Help a Friend in Distress

One year ago, on Friday, Jan. 10, 2014, during their lunch hour at Fox Mill Elementary School in Herndon, four fourth grade Junior Girl Scouts jumped to the aid of their classmate as she found herself choking on a piece of food. Using the skills that they had just learned a few months prior, in a First Aid class they attended with other Junior Troop's members from Fox Mill, the four girl scouts (ages 9 and 10) immediately jumped into action.

The girl who was choking was sitting at the same table as, at the time, fourth graders Taylor Anderson, Ruhi Jame, Melissa Herr and Gracie Larrick, all from Junior Troop 4102. Ruhi recognized the signs immediately that her friend was choking. She saw that her friend was turning red, not breathing, and holding her throat with her hands indicating that she was choking. Ruhi immediately jumped up and began patting her friend on the back. Then Melissa yelled aloud that their friend was choking. Taylor then jumped to assist Ruhi in helping their friend, told their friend to try and drink, but the liquid would not go down. Immediately, Taylor called to Melissa and Gracie to get an adult for help. Both Gracie and Melissa jumped into action and ran to get the adults in the cafeteria to come to their friends' aid. Ruhi and Taylor did not leave their friend's side. All four girls remained completely calm, did not panic, and took immediate action until an adult could ar-

rive to help. Taylor was about to perform the Heimlich Maneuver which she learned to do in a situation such as this one, but an adult was there in no time to help the young girl get the food dislodged from her throat.

After the young girl was taken to the clinic, the adults came to talk with the girls in the cafeteria to find out exactly what happened. All four girls were well-versed in explaining exactly what they witnessed and the action they took to help their friend. Without their help, their friend could have been in serious danger. As other young children in the cafeteria looked on in complete shock, silence and some panicking desperately, these four brave young girls knew exactly what to do, how to do it, and did it well. The concern they had for their friend, following all of this, was touching. All four girls asked another adult to go in to the Health Center (where they were not allowed to go) to find out how she was doing.

This is the story of four very brave young girl scouts who jumped to the aid of a friend in distress and used what they learned as girl scouts to apply themselves in a situation that is very scary for anyone, adult or child.

For their remarkable action and bravery, the four girl scouts received the prestigious Girl Scouts Medal of Honor, bestowed on to them by the Girl Scouts of the United States (GSUSA).

—TINA ANDERSON

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Happiness is having a large, loving, caring, close-knit family in another city.

—George Burns



PHOTO BY NORMAN BAYNE

U.S. Rep. Barbara Comstock being sworn-in by the Speaker of the House John Boehner.



PHOTO BY NORMAN BAYNE

U.S. Rep. Barbara Comstock with family in her Capitol Hill office.

Serving You in the People's House

Barbara Comstock reflects on her first few weeks in Congress.

BY BARBARA COMSTOCK
U.S. REPRESENTATIVE (R-10)

January 2015 marks quite a few new beginnings for the Comstock family – a new Congress, a new job representing the 10th District of Virginia in Congress for me, and our first granddaughter, Hailey Isabel Roller, born on Sunday, Jan. 18, to my daughter Caity and her husband Andrew. A new year, full of new hopes and new beginnings. I have never been so optimistic and committed to getting this country back on track. We must create a country full of opportunity and hope for every child and grandchild in this country. As I've met with my colleagues, it's clear that there is a strong commitment to working together and getting things done for our constituents — first and foremost — growing a healthy economy, helping our hardworking taxpayers make ends meet, dealing with the growing international threats we face, and finding ways we can produce a more efficient and effective government.

OPENING DAY AND SWEARING-IN: Standing in the halls of Congress with my family and our family priest on Jan. 6, preparing for my swearing in, we couldn't help but see and hear the echoes of the past and consider the heavy responsibility on all who are privileged to serve in these halls. Only a little more than 10,000 people have ever served in Congress throughout our history. It is truly an honor to serve as the first woman to be the 10th District's congresswoman. One of the best things about my job is that unlike many of my colleagues, I



C-SPAN PHOTO

U.S. Rep. Barbara Comstock (R-10) speaking on the floor of the U.S. House of Representatives.

get to go back to my district every night and see my constituents at the grocery store, at church, driving into work, on the Metro, at restaurants or just about any place I may go. The people in my district also reflect a broad and diverse group of experts who can provide me with great guidance in any number of issue areas.

On Jan. 6, our first day of session, we held an open house for 10th District constituents. In between meeting constituents, I had the opportunity to do interviews with C-SPAN, and NBC 4 News talking about my first day in Congress and what it was like to be a freshman congresswoman. As noon-time approached, it was time to head to the House Floor. After Speaker Boehner was nominated and sworn in, all of the other Members of Congress jointly took our oaths of office on the House floor together. There were many young children with their parents on the House floor, while parents and spouses were watching us in the House gallery.

The House got right down to work that

afternoon, voting on The Hires More Heroes Act. This important legislation provides a great opportunity to help both veterans and small businesses. According to the U.S. Chamber of Commerce, 71 percent of small business owners say Obamacare makes it difficult for them to hire more employees. The Hires More Heroes Act simply allows veterans to stay on the healthcare program provided through the VA or Tricare. The legislation passed unanimously in the House of Representatives. Following the vote I went back to my office and met with more constituents and joined with family and friends in town at numerous celebratory events.

MY COMMITTEE ASSIGNMENTS: I am fortunate that my committee assignments for this session reflect many of the same issues that I worked on in the Virginia General Assembly that are very important to my District. I have been appointed to the Transportation and Infrastructure Committee, the Science, Space and Technology Committee

and the House Administration Committee which oversees the U.S. Capitol itself as well as the Library of Congress and the Smithsonian where many of my constituents work. In my second week, Chairman Lamar Smith appointed me to chair the Research and Development Subcommittee on the Science, Space and Technology Committee. Having worked extensively with our local technology community and having served as the chairwoman of the Science and Technology Committee in the House of Delegates, I was pleased to be able to continue work in this area and particularly focus on how we can best promote and create the jobs of the 21st century. One of the first subcommittee hearings we will have will deal with the challenging issue of cybersecurity.

On the Transportation and Infrastructure Committee, we will be tackling a highway bill this year, as well as the reauthorization of the Federal Aviation Administration. Both of these have wide-ranging impacts in our area and I am pleased I will be able to serve on this important committee at this critical time. One of the first bills the Transportation and Infrastructure Committee brought to the House floor was the The Keystone XL Pipeline Act at the end of our first week. The Transportation and Infrastructure Committee shares jurisdiction on this important legislation with the Energy and Commerce Committee. My first brief speech on the House floor was in support of the Keystone XL Pipeline. Republicans and Democrats alike, as well as unions like the Teamsters and LIUNA, and groups such as the Tea Party, and the Chamber of Commerce all support this important project. Why? Because it is a jobs bill — plain and simple. Keystone XL passed by a strong bipartisan vote. Now the Senate is expected to pass it with a strong bipartisan majority and it will

SEE COMSTOCK, PAGE 7

OPINION

Baby Steps, Not Enough

Supervisors should take action, not defer to “outside expert,” on absurd and outrageous behavior of police department.

Finally, now that the Fairfax County Police Department has taken stonewalling into the arena of the absurd, the Fairfax County Board of Supervisors has at least said it is time for change. It is a step, but a step that continues the appearance of obfuscation if not outright obstruction.

John Geer of Springfield was shot dead inside the doorway of his own home in Springfield on Aug. 29, 2013. Following an argument with his longtime partner, police arrived at Geer's home and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. As he began to lower his hands, by all accounts still at shoulder level, he was shot in the chest and died in his house without receiving medical attention.

It took more than 16 months, a \$12 million civil suit by Geer's family and a court order to get the first tiny bit of information on the shooting, which came earlier this month. Police named the police officer who fired the shot that killed John Geer.

The short written statement by Police Chief Edwin C. Roessler Jr. included some very troubling references that appear to blame the

EDITORIAL

shooting on the fact that Geer was a known gun owner. At least 35 percent of Virginia residents are gun owners; are they all more vulnerable if for some reason police are called to their homes?

Now Board of Supervisors Chairman Sharon Bulova has asked the County Executive to locate “independent expertise in the field of police department operations and, specifically, in the area of policies and procedures with respect to information disclosures in the case of police-involved shootings.”

We agree with Supervisor Pat Herrity, who says: “As elected officials it is our job to make policy, not hire an ‘outside expert’ to do our job for us. ... We currently have the resources of a professional staff at our disposal.” Herrity also notes that the proposal does not contain a provision for public input, and that many county residents have researched this topic and qualify as experts.

A few minutes of research shows, for example, that the National Association of Police Chiefs, for example, has extensive documentation about best practices in a variety of police shooting incidents. (Naming the officer involved after 48 hours is among the recommendations.)

The problem goes beyond Fairfax County, and beyond police shootings.

The first paragraph of Virginia Freedom of Information Act, passed by the General Assembly in 1968, states that all public records “shall be presumed open.” But the legislation includes an exemption that allows police to withhold “complaints, memoranda, correspondence, case files or reports, witness statements and evidence.”

Police officials in Fairfax, Arlington and Alexandria have adopted what they call a “blanket” approach to using their exemption. That means they have decided to withhold any document they can without any analysis of whether they should, whether the case is open or closed, whether they are about a “police-involved shooting” or information requested by a family about a homicide victim, or even about routine police activity in a neighborhood. Not even defense attorneys or victims of crimes can gain access to actual police reports.

This is about lack of accountability and denying the public access to information that must be made public.

Leaders of police departments here are engaged in serious and significant abuse of power. It's time for elected officials to represent the public and impose change on those who would hide behind a culture of secrecy.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Volunteer for the Games

To the Editor:

I love this community. There are so many ways to serve a community as diverse and as vibrant as ours. I recently competed in a special election to succeed Congresswoman Comstock. While I came up short in the vote count, largely due to the unfortunate weather on Election Day, I am as inspired to serve as I was on that day. My passion to serve others only strengthens with each pursuit.

Long before I decided to run for office, I have served the people of

Fairfax and Loudoun counties through my work on multiple not-for-profit boards. Two are particularly relevant to some big things happening in 2015. I am the president of Volunteer Fairfax (www.volunteerfairfax.org) and a member of the board of directors of The World Police and Fire Games (www.fairfax2015.com). Volunteer Fairfax and The Games organization have partnered around the massive volunteer recruitment and coordination effort. We require over 4,000 volunteers

to execute The Games and to demonstrate to the world that there is no better place to host a global sporting event than right here in the

suburbs of Washington D.C.

The Games are coming to Fairfax and Loudoun Counties June 26 through July 5 of this year. Over 12,000 athletes from around the globe will compete in 61 events. If you're serious about economic development then you need to support The Games as they are expected to have a direct economic impact of \$60M to \$80M

over a 10-day period, particularly to small business and our hospitality industry. I can also think of no better way in 2015 to demonstrate our commitment to the people of the emergency management and first responder communities than to be involved in The Games. Please take a moment to learn more about both Volunteer Fairfax and The World Police and Fire Games and find your way to get involved.

Craig Parisot
McLean

VOLUNTEER EVENTS AND OPPORTUNITIES

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, Feb. 10, 7-8 p.m.** to discuss Caregiving and Basic Tax Concerns. The guest speaker is an AARP Tax Aide Program Specialist who will share some basic tax information, as well as when to get an accountant or attorney involved. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices and click on Telephone Caregiver Support Group. Call 703-324-5484, TTY 711.

The **Northern Virginia Long-Term Care Ombudsman Program** needs volunteer advocates for residents

in assisted living and nursing facilities. Training is provided in March. Call **703-324-5861**, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Find more information on the program at www.fairfaxcounty.gov/ltc.

The **Lewinsville Senior Center** in **McLean** needs an **office assistant** and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Center**

in **Alexandria** needs a **Spanish teacher** on Tuesday, Wednesday, or Thursday. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Wakefield Senior Center** in **Annandale** needs **Bilingual English/Spanish Activity Leaders**, a **Chair Exercise Instructor**, and certified instructors for classes in **Ballroom Dance** and **Pilates**. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs **Korean-speaking volunteers** to deliver meals in **Centreville, Reston and Annandale**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Oak Hill & Herndon CONNECTION

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NEWS DEPARTMENT:
herndon@connectionnewspapers.com

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

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

Reena Singh
Community Reporter
757-619-7584
rsingh@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Ryan Dunn
Contributing Writer

ADVERTISING:
For advertising information
sales@connectionnewspapers.com
703-778-9431

Don Park
Display Advertising
703-778-9420
donpark@connectionnewspapers.com

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

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

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.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

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann

703-778-9436

jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION: 703-778-9426
circulation@connectionnewspapers.com



NEWS

Residents Air Concerns to Legislators

Town Hall meeting addresses concerns about elections, Dulles Toll Road.

BY REENA SINGH
THE CONNECTION

Education, town elections and transportation.

Those and more were the topics Herndon residents asked about during the town hall meeting with Del. Tom Rust (R-86) and state Sen. Jennifer Wexton (D-33) on Jan. 17.

About 20 people showed up at the town council chambers to hear about the bills the two legislators are supporting and talk about the issues that mattered most to locals.

"I do have a bill to allow the town charter to have those elections in November rather than May," said Wexton.

SEVERAL CITIZENS who opposed the Herndon Town Council's decision to have November elections asked the legislators to reconsider their support for the bill. "This is being done without the consent and the approval of the citizens," said resident Tom Kellner.

Former Mayor Steve DeBenedittis also spoke up at the meeting about the vote.

"There's a huge ethical dilemma here when politicians act in their own self interest," he said.

Wexton disagreed, however. "The town council has determined that this is the best way to ensure more turnout, more participation," she said.

She added that the residents have a responsibility to vote for the council that will represent their views best.

"It was the majority's decision that this was the best thing for the town," she said.

Kellner asked Rust to say what his opinion of the vote was. Rust said he had a meeting with Mayor Merkel and town council members after the decision.

"I told them that I was not in agreement with it and I will not support it," he said.

Barbara Glakas, from Cultivating Community Initiative, said there were many people who supported the Town Council's decision. She noted that those who did not support the impending decision had the opportunity to have a referendum.

Both Rust and Wexton are also supporting bills that are non-

Herndon specific for this session. Rust said a major initiative the governor is making this year is workforce training for veterans.

"Workforce training is designed around STEM, and that's an area we'll need a lot of people in," said Rust.

Wexton said some of the other bills she is supporting stem from her background as a prosecutor. One of her bills will make heroin dealers more responsible for client overdoses.

To ensure that seniors are able to vote in elections despite weather events, she is calling for no-excuse absentee voting. Additionally, she wants to have the state Department of Education add a certificate of biliteracy so students will have more of an incentive to meet international standards.

"This is going to provide students with opportunities for going the extra mile to learn a new language," she said.

Rick Baumgartner, from Loudoun County, came to the meeting to ask whether Wexton was going to pressure the school system to begin providing full-day kindergarten. He said the county is one of three school systems in the state that do not have the full-day program.

Wexton said that a committee to make full-day kindergarten a possibility for all schools was going to be formed, but when the leadership in the state senate changed, it never met. However, she noted that in her talks with the new Loudoun County superintendent, there are plans to move forward with the program soon.

MANY RESIDENTS were also concerned about the constant toll increases on the Dulles Toll Road, and asked whether Virginia has plans to buy the road back.

"We were promised over and over that the tolls would go away," said resident Dudley Caswell. "How about making a sunset clause that would make the toll roads go away?"

Rust said most toll roads in the state have a sunset clause attached to them.

"It has been estimated that it would be about a billion dollars to buy back the toll road," he said about the Dulles Toll Road.



Herndon residents gathered for the a mid-session meeting with Del. Tom Rust (R-86) and State Sen. Jennifer Wexton (D-33) on Jan. 17.

PHOTO BY REENA SINGH/
THE CONNECTION

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Lectures will be held at IIIT Library, 500 Grove St, Suite 200, Herndon, VA



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Friday, January 23, 6:30-8:00pm



Dr. Jocelyne Cesari, Georgetown U. & Harvard U.

"The Awakening of Muslim Democracy: Religion, Modernity, and the State"
Tuesday, February 10, 6:30-8:00pm



Dr. Arun Kundnani, New York University

"The Muslims are Coming! Islamophobia, Extremism, and the Domestic War on Terror"
Friday, February 20, 6:30-8:00pm



Dr. Emad Hamdeh, Montclair State University

"Between Salafism and Traditionalism: The Case of Nasir al-Din al-Albani and His Detractors"
Thursday, March 12, 5:45-7:15pm



Dr. SherAli Tareen, Franklin & Marshall College

"Narratives of Emancipation in Muslim Colonial India: The Case of the Deoband Madrasa"
Thursday, April 2, 6:00-7:30pm



Dr. Shabana Mir, Millikin University

"Muslim American Women on Campus"
Tuesday, April 21, 6:15-7:45pm

IIIT, 500 Grove St, Suite 200, Herndon, VA 20170; Phone: (703) 471-1133; Email: iiit@iiit.org

CALENDAR

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged.

THROUGH SATURDAY/JAN. 31

Exhibit of Colorful Nutcrackers. 11 a.m. - 4 p.m. Closed on Tuesdays. Sully Historic Site, 3650 Historic Sully Way, Chantilly. See an amazing array of nutcrackers, both old and new, in a colorful case exhibit. Did you ever wonder where the craze for collecting nutcracker dolls came from? Nutcrackers have a fascinating history. The first nutcrackers were produced to crack nuts more effectively and the oldest known metal example, on exhibit in Tarent, Italy, is from the third or fourth century B.C. The Leavenworth Nutcracker Museum in Leavenworth, Washington, shows a bronze Roman nutcracker dated between 200 B.C and 200 A.D. German nutcrackers, made as decorative pieces, were developed around 1500. Early nutcrackers were in the shapes of animals, birds and people. Later, they were made in the likeness of kings, soldiers, church leaders and ruling class figures. Fine wood carved nutcrackers were created across Europe, especially in France and England by the 15th and 16th centuries. Admission: \$7/adult, \$6/student, \$5/senior or child.

THROUGH MONDAY/MARCH 16

Ice Skating at Reston Town Center. 11 a.m. - 7 p.m. Reston Town Center, 11900 Market Street, Reston. From early November through the early March, the Pavilion floor is transformed into a gleaming ice skating rink. Ice skates and other supplies are available inside the Skate Shop directly beside the Pavilion (behind Clyde's). Admission: \$10 per adult; \$9 for children under 12; \$5 per skate rental.

THURSDAY/JAN. 22

Meditation in Our Daily Lives. 7:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Participants will learn the basic principles of meditation and how to carry the experience of meditation into their daily life. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org

FRIDAY/JAN. 23

Friday Night Rock 'n' Skate. 8 - 10 p.m. Reston Town Center, 11900 Market Street, Reston. Live DJ & music, games & prizes. restontowncenter.com/skating
Environmental Film: The City Dark. 7 - 9 p.m. Walker Nature Center, 11450 Glade Drive, Reston. Adults. After moving to New York City from rural Maine, filmmaker Ian Cheney asks: "Do we need the dark?" Exploring the threat of killer asteroids in Hawaii, tracking hatching turtles on the Florida coast, and rescuing injured birds on Chicago streets, Cheney unravels the implications of a globe glittering with lights. Co-sponsored by Friends of Reston. Reservations required by Jan. 20. \$5 suggested donation. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

SATURDAY/JAN. 24

No Leaves, No Secrets. 11 a.m. - Noon Walker Nature Center, 11450 Glade Drive, Reston. All ages. With leaves off the trees and the forest plants dormant, many of the secrets of the forest are revealed. Take a short hike in search of bird and squirrel nests, fox dens, snow fleas, and other forest secrets that you can



Christine Carter, Kathy Olhaber and Wilson Paine in Reston Community Players' whodunit "Rehearsal for Murder," running Jan. 16-31 at Reston Community Center, 2310 Colt Neck Road, Reston. Audiences are invited to test their wits as they enter a world of backstage drama where nothing is as it appears - or is it?

only glimpse during the winter. Reservations required by Jan. 21. \$5/person RA members, \$7/person Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

Rock 'n' Skate. 11 a.m. - 1 p.m. Reston Town Center, 11900 Market Street, Reston. Live DJ & music, games & prizes. restontowncenter.com/skating

SUNDAY/JAN. 25

World War I Centennial Lecture Series: "War without End: The Postwar Years." 2 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Presented by Dr. Harry Butowsky.

TUESDAY/JAN. 27

Zoe Mulford and Brad Yoder. 6 p.m. Amphora Diner Deluxe, 1151 Elden Street, Herndon. Zoe Mulford is an American songwriter that presents evocative, beautifully crafted and endlessly varied music. She backs her clear voice with guitar or claw-hammer banjo and intersperses her own songs with American and British folk ballads and Appalachian banjo tunes. Brad Yoder's unique mix of humorous, poetic, political, and edgy original songs covers a musical range from folk to indie rock (with unexpected musical and lyrical twists) and has earned him a loyal following of all ages. These two talented singer-songwriters perform magnificently independently, yet know each others' work and will bring to Reston-Herndon an evening that promises to delight the audience.

Tickets: DAHurdSr@cs.com
 \$10 Members, \$11 Non-members. restonherndonfolkclub.com.

THURSDAY/JAN. 29

Meditation in Our Daily Lives. 7:30 p.m. Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Participants will learn the basic principles of meditation and how to carry the experience of meditation into their daily life. \$10 (\$5 unemployed, fulltime students, 65 and older). www.meditation-dc.org

FRIDAY/JAN. 30

Paper Making. 10:30 - 11:30 a.m. Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Since ancient Egyptian times, people have been making paper for both artistic and practical purposes. Discover how

to make your own recycled paper and learn how to use it in future craft projects. This is a perfect way to enjoy your day off from school. Reservations required by January 27. Fee: \$7/child RA members " \$9/child Non-members. For more information, email naturecenter@reston.org, or call 703-476-9689 and press 5.

ONGOING

LRA Displays "Changing Colors." Through Friday, Jan. 9. Parkridge 5 Building, 10780 Parkridge Blvd., Reston. This League of Reston Artists' show includes original painting, mixed media, two-dimensional hangable art, and photography. Free. www.leagueofrestonartists.org.

Free Comedy Showcase. Thursdays 8:30 p.m., at Kalypso's Sports Tavern, 1617 Washington Plaza N., Lake Anne Village Center, Reston. Kalypso's hosts weekly comedy shows that feature some of the best national touring and local comedians in the area. Free of charge.

Family Fun Entertainment Series. Saturdays 10-10:45 a.m., at Reston Town Square Park, 11990 Market St., Reston. Every Saturday enjoy live shows, children's music and other child-friendly entertainment. 703-476-4500.

Movies and Mimosas. Saturday and Sunday 11 a.m., at Reston Town Center, 11940 Market St., Reston. Showings in the morning; look up showings online. www.bowtietcinemas.com.

Smart Markets. Wednesdays 3-7 p.m., Smart Markets at 12001 Sunrise Valley Drive, Reston. Smart Markets is a producer-only farmers' market that offers food and live music from local jazz group, devoted to supporting local economy and a healthier environment. For more information visit, facebook.com/smartmarketsreston, twitter.com/smartmarkets and www.smartmarkets.org.

Open Mic Night. Wednesdays 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

TGIF Free Fridays. 5-7 p.m., at Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. An evening of family art making and storytelling. 703-471-9242 or www.restonarts.com.

Insomnia Theater. Friday and Saturday 11:30 p.m., at Reston Town Center, 11940 Market St., Reston. Look up showings online. www.bowtietcinemas.com.



Tooran Shadman, Mayor Lisa Merkel, Shannon and David Mathews and Barbara Glakas after the 2014 Good Neighbor Award presentation Jan. 13.

Mathews Win Final 2014 Good Neighbor Award

BY REENA SINGH
 THE CONNECTION

The final Good Neighbor winner was awarded at Herndon Town Council's Jan. 13 meeting.

Shannon and David Mathews, Summerfield Drive, were awarded due to their helpful nature and big hearts.

"Their neighbors tell us they have huge hearts and are willing to help them with anything and everything," said Barbara Glakas with the Cultivating Community Initiative. "Shannon and David have stepped up to the plate when their neighbors had car trouble. They bring over meals and a basket of soup, fruit, socks and throat

drops when their neighbors are sick."

Glakas said the couple also invites neighbors over for meals and just to spend time socializing.

"The neighbors obviously think a lot of the Mathews' many kindnesses, and that is why they are the Good Neighbor Award winners this year," she said.

The nominations for the award come from community residents.

"The Good Neighbor Award is meant to recognize citizens within neighborhoods that have gone over and beyond the call of duty to help out their neighbors and do things to make their neighborhoods a better place to live," she said.

OBITUARY

Theresa K. Robinson of Reston Dies

Theresa K. Robinson of Reston, passed away Jan. 3, 2015. She is survived by her daughters Lisa Robinson and Wendy Fox; brother Raymond Konisky Jr.; sister-in-law Lorraine Konisky; nephew Raymond Konisky III; nieces Cindy Konisky and Kathy Mitsin; great-niece Alexandra Konisky and great-nephew Brian Konisky.

Born in 1930, to Raymond Konisky Sr. and his wife Viola, Terry was raised around the family business, Greenwood Dairy in Millbury, Mass., which was founded and operated by her grandfather Anthony Kosciuszko and passed down to two additional generations, during which time the family name was changed to Konisky.

After graduating from Clark University with a BA in English in 1951 she worked throughout the 70s as a substitute teacher at Herndon High and other Fairfax County Public Schools. More recently Terry

worked as a Meeting Planner at ASA (American Society of Appraisers) coordinating and attending many meetings around the country from 1988 through 1993.

She was an avid traveler and enjoyed frequent international and domestic travels with friends to the Greek Islands, Egypt, Europe, Majorca, Malta, and Australia to name a few. Terry was an organizer of L.A.R.C. (Lake Anne Readers Club) in Reston for several years as well as a frequent attendee of adult education classes through Osher Lifelong Learning Institute.

Family will receive guests Friday, Jan. 23, 2015 from 5 p.m. until memorial service at 6 p.m. at Adams-Green Funeral Home, 721 Elden St, Herndon.

In lieu of flowers donations may be made to the Arthritis Foundation (www.arthritis.org).

Information and condolences at www.adamsgreen.com

Comstock: First Few Weeks on the Hill

FROM PAGE 3

go to the President's desk. While the President has already threatened a veto before we even passed the bill, I would hope that the broad bipartisan support for this jobs bill would be cause for the President's reconsideration.

GROWING RANKS OF WOMEN IN CONGRESS:

This year marks the first time there have been over 100 women serving in Congress. In the first weeks, we had a meeting of the bipartisan Women's Caucus and we discussed issues where we can work together. Over the holidays, I had already gotten together with a Democrat friend of mine, Rep. Debbie Dingell, to discuss how we can work together on my Young Women's Leadership Program that I first started in 2013. I look forward to continuing to work on this program to expose young women to women leaders who serve in a broad range of professions and we will be starting our application process again this spring. As my first weeks coincided with my daughter Caity and her husband Andrew preparing for the birth of their daughter, Hailey, I feel even more blessed to have this privilege to serve our community and prepare for the best future for the next generation.

KEEP IN TOUCH: As has been the case for the five years I served as the delegate for the 34th District, my door will always be open for all of my constituents in Virginia's 10th District. I want to continue the great tradition of Congressman Frank Wolf's



PHOTO BY NORMAN BAYNE

U.S. Rep. Barbara Comstock with constituents at her open house in the Cannon House Office Building.

much heralded constituent service. That is why we hired many of his district staff to continue in their positions. We are opening up an office in Sterling at 21430 Cedar Drive, Suite 218, and if you are on Capitol Hill stop by 226 Cannon House Office Building to say hello. We also will have a Winchester office that will open in March. Fortunately, we were given the same phone number as Congressman Wolf's 202-225-5136 and you can follow what's going on in Congress by visiting Comstock.House.Gov. If you are on Facebook go to facebook.com/RepBarbaraComstock and "Like" our page and if you are on Twitter go to twitter.com/RepComstock to follow our activities. Once again, I look forward to serving you in the people's house.

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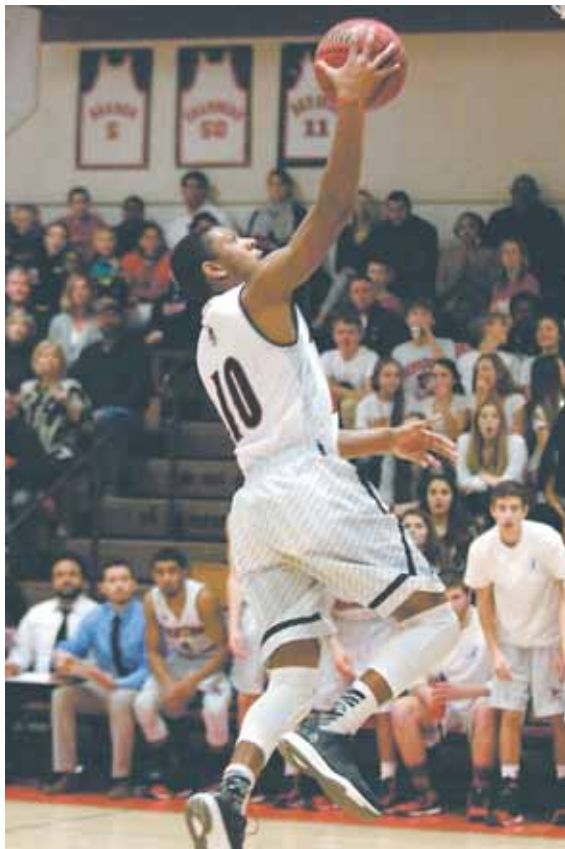
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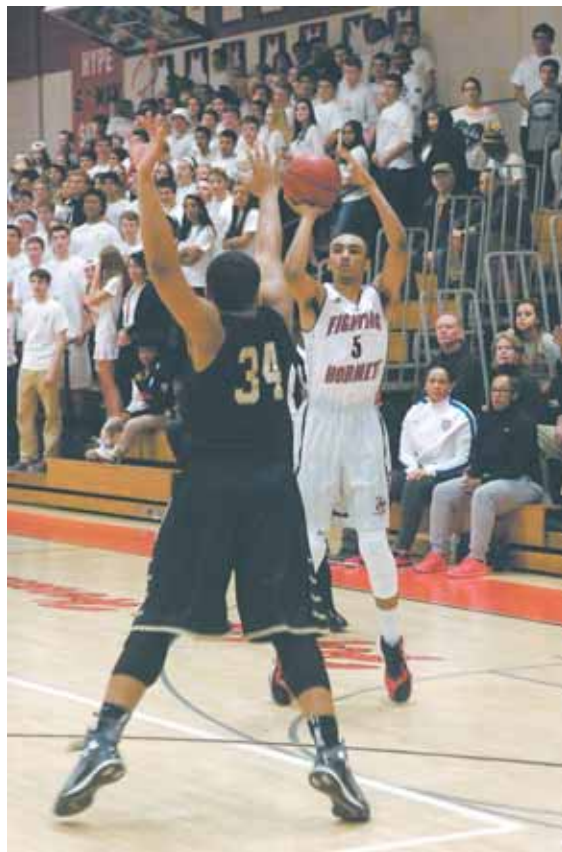
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SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Herndon's Keyshawn Hamlin soars toward the basket on Jan. 16 against Westfield.



Herndon sophomore Michael Griffin knocked down five 3-pointers and scored 19 points for the Hornets during a loss to Westfield on Jan. 16.

Turnovers Spell Trouble for Herndon

Hornets fall to Westfield despite 19 points from sophomore Griffin.

BY JON ROETMAN
THE CONNECTION

Michael Griffin apologized to Herndon boys' basketball coach Gary Hall following Friday's game against Westfield.

Griffin, a sophomore guard, shot the lights out for three quarters, knocking down five 3-pointers on his way to a team-high 19 points. However, Griffin felt his contribution to Herndon's 22 turnovers proved costly.

"I would trade all those 3s for [not] turning the ball over," Hall said that Griffin told him after the game. "I felt like my turnovers really cost us the game."

Westfield defeated Herndon 69-56 on Jan. 16 at Herndon High School. However, between Griffin's postgame presentation of maturity and the fact the Hornets trailed by just one point two minutes into the fourth quarter, Hall said he felt good about his team's performance against a Westfield squad that improved to 13-1 and is considered one of the best in the region.

"We're right there," said Hall, whose Hornets fell to 8-6. "If that's the second-best team in the state, the best team in the region, I like where we are. They knew they were in a game and last I checked there was no award ceremony going on out there."

Herndon graduated several key players from last year's Conference 5 championship team that finished one win shy of reaching the state tournament, including Dorian Johnson, Brandon Alston and Kent Auslander. On Friday, it was the sophomore Griffin leading the way for the Hornets.

Griffin knocked down a pair of 3-pointers in the third quarter, with the second tying the score at 38 with 4:42 remaining in the period. However, Griffin did not score in the fourth quarter.

Hall said Griffin will continue to get better as he adds size and strength to his 6-foot-2 frame.

"He did what we expect him to do and what he's capable of doing," Hall said. "He's a real talented player."

When asked what Herndon did well against Westfield, Griffin said: "We did a good job shooting the ball. That was pretty good."

Herndon kept itself in the game with perimeter shooting for three-plus quarters. A 3-pointer by Fawad Rahimyar pulled the Hornets within one at 49-48 with 6:27 remaining. After a Westfield bucket, Herndon's Dupree Monk scored to pull Herndon within one, this time the score was 51-50 with 6:07 left on the clock.

That's where things started to unravel for the Hornets.

Westfield pulled away with a 16-2 run that lasted longer than four minutes, including a stretch of 10 consecutive points. Bulldog guard Blake Francis scored seven points during the run, including a move that shook a Herndon defender so bad he fell to the ground, allowing Francis to drop in a layup.

Francis and Tyler Scanlon each scored 17 for Westfield. Jacob Williams finished with 12 points and Patrick Lawless added 11.

Chris Kucik scored nine points for Herndon. Keyshawn Hamlin and Amit Gattadahalli each scored eight points, and Trevon Wright and Monk each had six.

Herndon connected on nine 3-point attempts. Herndon faced Centreville on Tuesday, after The Connection's deadline. The Hornets will travel to face Oakton at 7:30 p.m. on Friday, Jan. 23.

"We allowed one turnover to turn into another turnover, into another turnover," Hall said.

It's tough to stop that."



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Junior guard Marty Gryski, left, and the South Lakes boys' basketball team lost to Fairfax on Jan. 15.

South Lakes Boys', Girls' Basketball Fall to Fairfax

The South Lakes boys' and girls' basketball teams each lost to Fairfax during a home double-header on Jan. 15.

The South Lakes boys' team fell by the score of 66-50, giving the Seahawks three losses in a five-game stretch following a 6-1 start. The following night, standout guard and Northeastern commit Brandon Kamga returned to the lineup and scored 20 points during a win against Langley.

The South Lakes girls' team lost to Fairfax, 52-38, and fell to Langley, 53-39, the following night, giving the Seahawks a three-game losing streak. South Lakes, led by Penn commit Princess Aghayere, won the Conference 6 title last season.

The South Lakes teams faced McLean on Tuesday, after The Connection's deadline. The teams will face Washington-Lee at 7:30 p.m. on Friday, Jan. 23 — the boys' team at home and the girls on the road.



South Lakes senior captain Princess Aghayere shoots against Fairfax on Jan. 15.

Herndon's Stone, Palacios, Duke Earn All-State Honors

Herndon field hockey players Taylor Stone, Sofia Palacios and Alexis Duke earned VHSL all-state honors for Group 6A following the 2014 season.

Stone, a senior midfielder, and Palacios, a senior forward, were named first-team all-state. Duke, a senior defender, earned second-team honors.

The trio helped Herndon win the Conference 5 championship and reached the 6A North region semifinals, falling one win shy of the state tournament.

Squash Tournament Coming to McLean

A junior squash tournament will be held at The McLean Racquet and Health Club Feb. 13-15.

Registration deadline is Feb. 10.

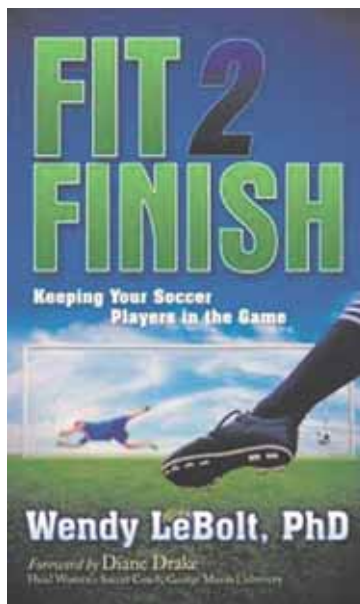
It's a silver tournament, which is recommended for those players who have finished in the upper half of a bronze tournament.

Age groups for boys and girls include U11, U13, U15, U17 and U19.

Early registration fee is \$95. Registration after the deadline is \$110. Register online at ussquash.com/tournaments or contact Hunt Richardson at hunt@jahangirsquash.com or by calling 202-365-1526 for more information.



PHOTOS CONTRIBUTED



the risk of potentially debilitating injuries. For years, LeBolt has been working with coaches, parents and youngsters in group and individual settings and presenting seminars and workshops from injury prevention to proper nutrition for the athlete, conditioning, and even tips for parenting the champion athlete and how to incorporate fitness into the lives of today's busy families. There is even a "Gap Care" program designed to help the sidelined athlete return from serious injury. The training programs, seminars, workshops and individual assistance evolved to include a weekly blog, an informative website, a Facebook page, and links to videos demonstrating some of the training techniques and exercises that LeBolt recommends or has developed to meet specific needs and circumstances. Considering that she has hundreds of articles and columns with her by-line, and writes weekly for Soccerwire.com, it seemed the natural next step to condense a wealth of information into the handbook "Fit 2 Finish – Keeping Your Soccer Players in the Game." Published in late 2014, LeBolt's "trainer's manual" just had its official launch. But don't expect any fanfare to accompany its arrival. As LeBolt said, "It's not about the book, but what's in it. That's what's really important."

THE SCIENCE AND THE METHODOLOGY outlined in the book and practiced as part of the Fit2Finish mantra, have earned numerous ringing endorsements, including that of the author of the book's foreword, Diane Drake, head women's soccer coach. Fit2Finish, LLC, serves the greater D.C. Metro area, specializing in soccer, basketball, volleyball and lacrosse training. On the website Fit2Finish.com there is LeBolt's book, blog, training videos and links to additional resources.

"Fit 2 Finish" author, coach, consultant and speaker Wendy LeBolt gives some instruction to a girls youth soccer team.

Fit 2 Finish

Herndon woman ups her game with book on proper training for young athletes.

BY ANDREA WORKER
THE CONNECTION

According to Wendy LeBolt, Ph.D., in her new book "Fit 2 Finish – Keeping Your Soccer Players in the Game" the cycle of success boils down to "Develop – Balance – Observe – and repeat" to keep our young athletes fit and on the field, and taking their sport as far as their interest and skill can take them. Herndon resident LeBolt has some real skin in the game of soccer – literally. She's played it at several levels. She's coached it - holding the E and F coaching licenses through U.S. Youth Soccer. She's studied it. Her daughters play it. But even with all that life experience, LeBolt (like many others, who perhaps still do), used to believe that young soccer players could become fit by simply playing the game. After all, she reasoned, "the game puts all the right demands on them. It's the most specific training they can get, right?"

THEN SHE STARTED noticing all of the injuries. All of the knee braces, kids on the sidelines with crutches and kids limping about on the pitch. More research and she discovered that the rate of injuries, especially for girls and in particular anterior cruciate ligament (ACL) injuries was being called epidemic. Parents from some of those teams that she observed started asking her to help. Why ask LeBolt? Well, aside from all that personal experience and vested interest in the health and

safety of her own young daughter-players, she also brings more credentials to the field than any coach has strategies in his or her playbook.

Starting with a bachelor's in Biology from The College of William and Mary, adding an MEd in Exercise Science from The George Washington University (GWU), then impressively topping off with a Ph.D. in Physiology from the Medical College of Virginia, LeBolt has also been on the GWU faculty, teaching Human Anatomy and Physiology, Kinesiology and Exercise Physiology there from 1991 to 1999. She also practices privately as an Exercise Physiologist. So it should come as no surprise that she accepted this next challenge. She started what she calls her "rescue mission" by asking a few basic, but far-reaching questions: Why are so many kids getting injured? Why are so many dropping out of sports? How do you get and keep all kids playing? What can you do to help those who want to play hard and compete further? How can you prepare kids, whole body and mind, for what the game – or any sport – asks of them? Those questions, and the answers that LeBolt continues to develop, led to the formation of her company, Fit2Finish, LLC, incorporated in 2005.

The company specializes in designing sport-specific, age-appropriate and engaging training to improve the young athletes' performance, and more importantly, help prepare their bodies for the demands of their sport and reduce

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Seasonal Seven Dwarfs



By KENNETH B. LOURIE

Sneezy, Coughy, Phlegmy, Stuffy, Achy. No-Sleepy and Post-Nasal Drippy; and no Doc, which is possibly what led to this column being written. To tell you the truth – and I always do – if I didn't have stage IV, non-small cell lung cancer, I wouldn't have given these symptoms a first thought, let alone a second one. But since I do have cancer and it's mostly all I think about; as much as I tried to pretend otherwise and consider these symptoms unrelated, my lungs/breathing did seem to be affected.

And so after 10 days or so of coughing, then full-blown "colding" and back to coughing again, I acquiesced and scheduled an appointment with my Primary Care physician. After asking me the usual and customary how-I-feel questions – which did not prompt an OMG-type reaction from my doctor, he next unwrapped his stethoscope from around his neck and approached me to listen and presumably learn. He placed his stethoscope on my upper back and then on my chest and of course asked me to "breathe in," and "breathe out," repeatedly. Apparently, he heard nothing of consequence. No indications to warrant a chest X-ray, he said; no suspicious sights or sounds to further investigate. As he summarized his assessment: "It's winter," which I correctly understood to mean my symptoms were not cancer-related, I exhaled in relief, smiled widely and thanked him for the reassurance. Then he put his hand on my shoulder and said: "Nothing to worry about." A few minutes later, I left his office with a precautionary prescription for cough medicine and four days of antibiotics; completely normal protocol, lung cancer notwithstanding. But it didn't stop me from worrying. Cancer sort of has an intent of its own.

And that's the problem, underlying and overlaying. Everything I say or do or think or write is filtered – unconsciously anymore, through the prism of my being originally diagnosed with a "terminal" form of cancer. If ever there was a disconnect between symptoms, feelings, mortality, etc.; well, there isn't anymore. We're (cancer and I) not exactly one big happy family, but we are all living together under one roof, residing in one head; mine, mostly. I've had better roommates, that's for sure. Unfortunately, this is one I can't simply ask to leave.

Usually, I can manage, except when there's a blip, something not typically seen or felt on my emotional radar. This most recent bout with the symptoms I've described, completely normal and expected almost at this time of the year, probably should not have been neglected by yours truly for as long as they were (seven to 10 days). Sometimes, fear has a way of affecting your better judgment, though. In retrospect, I certainly should have acted sooner. Hopefully, I've learned my lesson. Next time, I won't ignore the "seasonal seven dwarfs." I was lucky this time. Life is not a fairy tale. Pretending otherwise could be grim.

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

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OBITUARY

Sue W. Erickson, age 79, of Ashburn, formerly of Reston passed January 14, 2015. Beloved wife of late Robert D. Erickson. Loving mother of Michael (Karen) Erickson of Mont Vernon, NH, Donna (Ricki) Church of Ashburn, Jerry (Nancy) Erickson, of Reston. She is also survived by grandchildren, Devin, Whitney, Maria, Ryan, Mikey as well as four siblings, numerous nieces and nephews, other relatives and friends. Preceded by eldest daughter Patricia A. Erickson. A service will be held at Culpeper National Cemetery, Culpeper, VA on Thursday, January 22, 2015 at 11:00 a.m. Memorial donations are suggested to Herndon-Reston FISH, Inc. (www.herndon-restonfish.org) Information and condolences at www.adams-green.com

OBITUARY



Theresa K. Robinson

Of Reston, VA, passed away January 3, 2015. She is survived by her daughters Lisa Robinson and Wendy Fox; brother Raymond Konisky Jr.; sister-in-law Lorraine Konisky; nephew Raymond Konisky III; nieces Cindy Konisky and Kathy Mitsin; great-niece Alexandra Konisky and great-nephew Brian Konisky. Born in 1930, to Raymond Konisky Sr. and his wife Viola, Terry was raised around the family business, Greenwood Dairy in Millbury, MA which was founded and operated by her grandfather Anthony Kosciuszko and passed down to two additional generations, during which time the family name was changed to Konisky. After graduating from Clark University with a BA in English in 1951 she worked throughout the 70's as a substitute teacher at Herndon High and other Fairfax County Public Schools. More recently Terry worked as a Meeting Planner at ASA (American Society of Appraisers) coordinating and attending many meetings around the country from 1988 through 1993. She was an avid traveler and enjoyed frequent international and domestic travels with friends to the Greek Islands, Egypt, Europe, Majorca, Malta, and Australia to name a few. Terry was an organizer of L.A.R.C. (Lake Anne Readers Club) in Reston for several years as well as a frequent attendee of adult education classes through Osher Lifelong Learning Institute. Family will receive guests Friday, January 23, 2015 from 5:00 p.m. until memorial service at 6:00 p.m. at Adams-Green Funeral Home, 721 Elden St, Herndon, VA. In lieu of flowers donations may be made to the Arthritis Foundation (www.arthritis.org). Information and condolences at www.adamsgreen.com

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-William Van Horne

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- Full equity ownership
- Established routes with major food stores
- Financing for qualified buyers

For additional information, please join us at the Bimbo Foods Franchise Fair @ 6636 Fleet Dr, Alexandria, VA. 22310 on Tuesday, January 27th from 10am to 6pm. You may RSVP at 410-712-6923 x13.

* This is not an offer or promise to sell. An offer can only be made through our Franchise Disclosure Document and in accordance with law.

Could This Get Rid Of **Knee Pain** Once And For All...Without Drugs, Shots, or Surgery?

Now, in Sterling, VA, one doctor is helping local residents with knee pain live more active, pain-free lives.

Do You Have Any of the Following Conditions?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Crunching & popping sounds

Living with knee pain can feel like a crippling experience. Let's face it, your knees aren't as young as they used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!



My name is Dr. Charles Arndt, of Chiropractic Health & Wellness Center. Since we opened, we've seen many people with knee problems leave the office pain free.

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, An Option Other Than Drugs or Surgery

The **Cold Laser** is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that associated with chronic knee pain.

This same laser is used by professional sports teams including the New York Yankees and Cincinnati Bengals.

It Promotes Rapid Healing Of The Injured Tissues

This pain-free, non-surgical approach works by stimulating the body's natural healing processes, providing pain relief and

reducing injury damage. This leading edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life.

Patients treated with the Cold Laser often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For the First 25 Callers Only, I'm running a very special offer where you can find out if you are a candidate for Cold Laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call and here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The First 25 Callers Only can get everything I've listed here for only \$35. The normal price for this type of evaluation is including x-ray \$250, so you're saving a considerable amount by taking me up on this offer.

Remember what it was like before you had knee problems; when you were pain free and could enjoy everything life had to offer? It can be that way again. Don't neglect your problem any longer - don't wait until it's too late.

Here's what to do now:

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 703-444-4141.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Tell the receptionist you'd like to come in for the Knee Evaluation.

Our office is located at 20 Pidgeon Hill Dr., Ste. 102, in Sterling, VA.



**Yours in Good Health,
Dr. Charles Arndt, D.C.**

**P.S. Now you might be wondering...
"Is this safe? Are there any side effects or dangers to this?"**

The FDA cleared the first Cold Laser in 2002. This was after their study found 76% improvement in patients with pain. Their only warning - don't shine it in your eyes. Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety. Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today, 703-444-4141.

Here's What One of Our Patients Had to Say...

"I first visited Dr. Arndt because...I was virtually immobile. I have since regained fully mobility. I can do housework, yard work and exercise with zero pain/discomfort, and with full confidence that...(I'm) now strong and stable! Thanks!" -F.



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Non-Invasive
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Treatment
Now
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