

**Quadriplegic
Berry Cuffee worries
that proposed state
Medicaid cuts could
remove him from his
Herndon home.**



Fighting for Independence

NEWS, PAGE 3

**Chairman
Candidates
Plea Their Cases**

OPINION, PAGE 6

**CHIMES Gives
Purpose, Hope**

NEWS, PAGE 3

OPINION, PAGE 6 ❖ CALENDAR, PAGE 11 ❖ CLASSIFIEDS, PAGE 13 ❖ SPORTS, PAGE 12

PHOTO BY MIKE DICICCO/THE CONNECTION



Life coach and caregiver Sharon Adams shows Layla Head how to apply flyers to Domino's Pizza boxes.



From left, life skills coach Sharon Adams; Sue Grigsby, chief operating officer of CHIMES; Layla Head and coach Thomas "TJ" Jackson, in front of the week's work schedule.

CHIMES Gives Purpose, Hope

Program helps people with intellectual disabilities find meaning in work.

BY STEVE HIBBARD
THE CONNECTION

Struggling with autism, intellectual disability and seizure disorders, Layla Head, 25, used to bang on tables and walls — often kicking, hitting or slapping things when she got frustrated. Stuck in programs that often “warehoused” instead of engaging her, she acted violently and aggressively whenever she felt she was not being listened to or wasn't productive.

But today, Head is a different person.

For two years, she's been attending CHIMES Virginia Inc., a program on Pender Drive in Fairfax that sends her and 10 others out to job sites where they do all-volunteer (non-paid) work. She couldn't be happier.

Funded by a Medicaid waiver with oversight by the Fairfax County Community Services Board, the program works like this: On Monday, Head reports to CHIMES. She'll get to choose between delivering food to the elderly at Meals on Wheels or going to Yesterday's Rose thrift store to sort clothes. On Tuesday, she'll have a say as to whether to stuff envelopes at World Hope or process potatoes at Food for Others food bank (her favorite). Wednesday, Thursday and Friday offer more choices.

“They let the people choose,” said Leila McDowell-Head, Layla's mother. “The secret is they really respect the individuals. They see them as human beings. They see their



Life skills coach Sharon Adams and Layla Head do a high-five.

humanity first.”

And it's not always work. They have days with buffet lunches, swimming pool visits as well as other fun activities.

McDowell-Head says the key to the program's success is the staff responds to the needs of its CHIMES individuals, from ages mid-20s to early 40s, and gives total respect.

McDowell-Head said they start with the humanity of the individual first and the disability, second. Layla feels that she has value ... She feels loved and it's such a blessing to see her happy.”

IN THE TWO years Head has been with CHIMES, she has changed immeasurably.

“She's using her language, being able to speak and express that something is bothering her,” said McDowell-Head, who lives in Herndon with husband Tony and sons Kwame, 21 and Anthony, 15.

When she graduated from South Lakes High's special education program, Head could stay on task for only 10-15 minutes. Now her mother says she can work on task for hours.

“Her social ability and language have increased in an amazing way,” said McDowell-Head. “And her appropriate social behavior has gotten so much better.”

Sue Grigsby, the chief operating officer of CHIMES, said the basis for Head's growth is an environment based on communication with “active listening.”

The CHIMES building in Fairfax is designed as a clubhouse model of day support services that houses administrative staff, life skills coaches, as well as day support people.

“I think a major growth with Layla is her ability to use her words and to communicate her desires and her choices for her life,” said Grigsby.

She said the secret to CHIMES' success is that individuals can take part in how their day or lives are ordered. “Communication is the key to the foundation to serving people with challenges. No matter how the communication is expressed, I think having some control and some say in what you do is important to your growth.”

Head lives with caregiver Sharon Adams of Sterling and her husband William, her sister and her two children. For five years, Adams has been Head's CHIMES life coach and trains her on grooming, how to load the dishwasher, make her bed and clean her room — basic life skills.

Adams said that lately she has been encouraging Head to ask for things — like making choices and asking “why?”

“We're just encouraging her to be more communicative,” Adams said. “She's learning new words every day. It's benefiting her a lot.”

What does Layla like to do for fun?

HEAD LOVES bowling, swimming, going to the bookstore and library as well as going to movies. “She loves to be on the road and every day she makes a different request on doing different things,” said Adams. “She can choose, and there are some days that she will tell you, ‘cancel,’ meaning she doesn't want to go [to a work site].”

“She's communicating a lot better now, and the CHIMES program is really helping her to grow,” said Adams. That's because she's surrounded by individuals who can verbalize better than she does.

“Every day she comes up with something new that surprises us,” Adams said.

Adams finds that Head will listen to everything she says and if it interests her, she will repeat it later.

The biggest challenge is when Head is confused, Adams has to continuously go over items to make them clear. “I always say if you make a promise with her, you have to keep it. Because trust is a big factor with Layla.”

Nevertheless, Head's mother calls the CHIMES program “a lifesaver.” “At Chimes, she is a model citizen and has in fact become their poster child,” McDowell-Head said.

Fighting for Independence

Possible Medicare cuts hit home for Herndon man.

Like many others at the moment, Herndon resident Berry Cuffee is worried about finding a job and keeping his house out of foreclosure. Unlike most Fairfax County residents, though, Cuffee is also concerned that cuts to state Medicaid funding may soon deprive him of this challenge by forcing him into a nursing home at the age of 47.

As a quadriplegic, Cuffee relies on extensive personal care in order to remain independent. "Because I'm totally paralyzed, I have to have someone do everything for me," he said. By himself, he cannot get out of bed, shower, get dressed, eat or take the medication that prevents him from having spasms. For this, he relies on about 12 hours of personal care each day.

However, proposed cuts to the state's Medicaid waiver services could reduce the amount of in-home care available to him to about six hours per day. "That would be the end of me," he said. "That would mean not being able to get up and get out and get around." As it is, it takes about three hours before he is even ready for breakfast. Dinner and bedtime are also time-consuming. The most likely alternative would be to move into a nursing home.

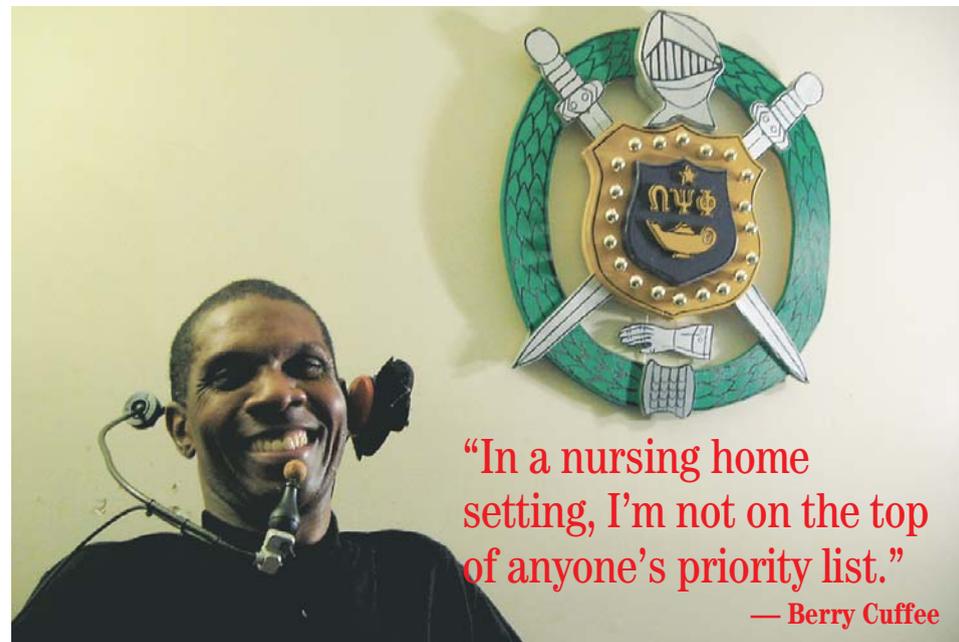
"That is a distinct possibility," Doris Ray of the ENDependence Center of Northern Virginia said of Cuffee's possible change in residence, given the extent of his needs. ENDependence is an organization that works to help people with disabilities live independent lives.

RAY AND CUFFEE were two of the scores of people who testified before members of the General Assembly earlier this month, asking that Medicaid programs that allow people with disabilities to remain in their homes not be slashed. "Thousands of people are affected by these," Ray said, noting that elderly citizens, those with intellectual and developmental disabilities, and AIDS victims were among those who testified at the hearings.

In addition to basic personal care, she said, physical training, crisis intervention and other services are at risk.

As of now, the average cost of in-home care for those receiving Medicaid waiver services is to be equal to or less than the average cost of care in a nursing home. In the face of the current budget crisis, what the Virginia Department of Medical Assistance Services is proposing in order to meet cuts planned for its budget, is that care for each individual receiving in-home services be no more than the average cost of living in a nursing home, Ray said.

Therefore, people with the most significant disabilities will either have to absorb



Herndon resident Berry Cuffee shows his support for his Omega Psi Phi fraternity. Cuffee is concerned that proposed cuts to Medicaid could cost him his independence.

cuts to their services or move into institutions. Ray said such a change would fly in the face of the Supreme Court's Olmstead decision, which affirmed the right of people with disabilities to live in their communities, in accordance with the Americans with Disabilities Act. "It's just beyond me that Medical Assistance Services could come up with this proposal," she said, noting that Virginia has been moving increasingly toward keeping those with disabilities in their homes and communities for the last several years.

While nursing home services are mandated by Medicaid, the waiver services are optional and therefore can be cut in order to balance budgets, Ray said.

Cuffee is concerned that while six hours of care at home would not be enough for him, he would not receive adequate care in an institution either. "In a nursing home setting, I'm not on the top of anyone's priority list," he said. He wondered whether he would get his meals and medication on time.

"When you're in a nursing facility, they have limits on staff," Ray said. "So [nursing homes] have even gone to the General Assembly and said that what they're providing is minimum service — three or four hours a day."

Cuffee would also probably lose the opportunity to complete his graduate degree and find a job. Nursing homes are afraid of the liabilities incurred by residents trying to hold down jobs or go to school, as they would have to ensure that these clients were ready to leave at an appointed hour each day, Ray said.

Cuffee, who has an undergraduate degree in biology, needs to take four more classes at George Mason University's Keller Institute for Human Disabilities to complete his graduate degree in assistive technology. He has been working on the degree for some

time, but has repeatedly had to withdraw. "It seems like I can't get these classes in because I keep having to take medical leave," he said.

IN 2006, a pressure sore on his leg became infected with a flesh-eating virus and he had to have most of the leg amputated. The next year, after he was not turned over properly in his bed, he got a case of pneumonia that put him into cardiac arrest. "If I don't have someone to properly look in on me, I end up in the hospital again, or worse, I might not be able to make it back this time," he said.

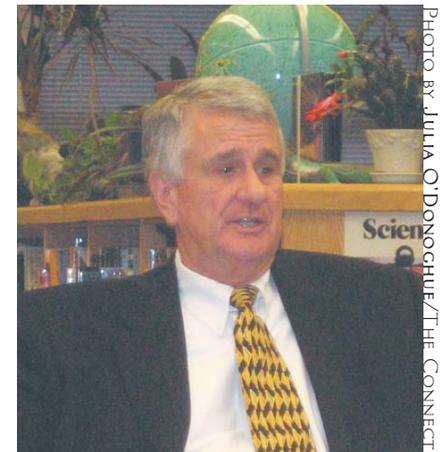
An only child, he also took time off school to look after his mother, who had Alzheimer's disease and died in November, and his father, a disabled veteran and two-time cancer survivor, who also died last year.

In his old age, Cuffee's father had been convinced by apparent con artists that he was on the verge of winning more than \$4 million in a sweepstakes if he would continue investing money. He took out a second mortgage on the house and cashed in the family's insurance policies, thinking he could help his family with the winnings, Cuffee said.

Cuffee is now out of school because he is trying to find a job and save the house. "I probably have two more months that I could pay the mortgage on the house, and after that, if I don't have income coming in, I won't be able to," he said. He is looking for a government job enforcing compliance among companies that take government money to work with the disabled.

THE CHOICE of field is no accident. Both his pneumonia and the virus that took his leg resulted from negligence by improperly trained caregivers, he said, noting that at least

SEE CUFFEE, PAGE 5



Del. Tom Rust (R-86) held three meetings with his constituents Jan. 17.

Rust Reaches Out

Del. Tom Rust (R-86) met with constituents over three community meetings held in his district Jan. 17. During the final meeting at McNair Elementary School, he addressed the following issues:

PROBLEMS RELATED TO FORECLOSURES — At the request of Fairfax County, Rust has submitted a bill that would make it easier for local governments to address issues surrounding vacant, foreclosed homes.

If Rust's legislation passes, local governments could require mortgage lenders to provide the name and contact information for a person within at least 25 miles of the locality that is responsible for each vacant property that has been in default mortgage status for at least three months.

When complaints about the maintenance of vacant, foreclosed homes — including tall grass, broken windows, and damaged roofs — came to the attention of Fairfax County and other local governments, officials had a difficult time tracking down the individuals who would be responsible for upkeep of the properties. Rust said passing his bill should address the issue.

"This [bill] will help with some of the [property] deterioration you all are seeing," said Rust, who added that 700 homes in the Sterling Park area of Loudoun County are in some state of foreclosure.

STATE BUDGET — Rust said he does not have a good idea of how the Virginia state budget will be adjusted by

SEE PROJECTS, PAGE 5

WEEK IN HERNDON

Fred Hubert Dies

Fred Hubert, a member of the board of trustees for the Chestnut Grove Cemetery and former executive director of the chamber, died on Friday, Jan. 23.

Services were held Tuesday, Jan. 27, at St. Timothy's Episcopal Church in Herndon. A viewing was held at 10 a.m., with services at 11 a.m.

Hubert's wife, Thelma, is a former director of the Herndon Fortnightly Club and was recognized by the Town for a "Good Neighbor Award."

Volunteer Appreciation Awards

Nominations are now being accepted for the Mayor's Volunteer Appreciation Awards, presented annually during National Volunteer Week in recognition of outstanding volunteer service in the Town of Herndon.

Award recipients are named in two categories: Distinguished and Outstanding. Distinguished Service Awards recipients must have displayed extensive communitywide volunteer support, a willingness to assume multiple responsibilities and a long-term dedication to the Herndon community through volunteer support. Award recipients must have volunteered consistently throughout the community for several years and through their leadership and dedication produced exceptional results in making Herndon a special place to live and work. Outstanding Service Awards recipients also must have provided 100 or more hours of personal time in volunteer service to the Herndon community during the last year.

To submit a nomination for the 2009 Mayor's Volunteer Appreciation Awards, visit www.herndon-va.gov and follow the link off of the homepage "Featured this Month". Nomination forms may be submitted to the Parks and Recreation Department, Attention: Ann Hoy, or by e-mailing to Mayor.Volunteer.Application@herndon-va.gov.

The nomination deadline is March 23. For more information, visit the Town's Web site at www.herndon-va.gov.

Council Seeks Budget Input

The Herndon Town Council will hold a public hearing to solicit citizens' guidance on the FY 2010 Budget. By April 1, Town Manager Art Anselene will deliver the proposed FY 2010 budget to the Town Council. The council will then conduct two public hearings on the proposed budget at its April 14 and April 28 meetings. The town's FY 2010 budget must be adopted by June 30.

All public hearings begin at 7 p.m. and are held at the Herndon Council Chambers, 765 Lynn St. Information on the town's FY 2010 budget will be posted throughout its development on the town's Web site, www.herndon-va.gov.

Joint Town Hall Meeting

Del. Chuck Caputo (D-67) and Sen. Mark Herring (D-33) will hold a joint town hall meeting Saturday, Jan. 31, 10 a.m., in the Sully District Government Center, 4900 Stonecroft Blvd., Chantilly.

Local residents may tell them the issues on their minds and they'll update the residents on how things are progressing so far in the current General Assembly session.

Harlem Wizards Play at South Lakes High

The Harlem Wizards, a basketball show team, will play the South Lakes High boys and girls basketball coaches and staff members Saturday, Jan. 31, 7 p.m. at the school, 11400 South Lakes Drive, Reston, as a fund-raiser for the school's Athletic Booster Club. Tickets are available in advance at www.SeahawkBoosters.com or at the door. Contact event liaison Elizabeth Vandenburg at EVandenburg@verizon.net.



Front row, from left, U.S. Rep. Frank Wolf (R-10), Jon Roser, James Rowley and Supervisor Michael Frey (R-Sully); second row, Joshua Rubin and Jay Tucker; third row, Judge Michael P. McWeeney.

Troop 160 Celebrates 25th Anniversary

Herndon Boy Scout Troop's long list of accomplishments.

Boy Scout Troop 160 of Herndon celebrated its 25th Anniversary Saturday, Jan. 10. Troop 160 has been an active and registered Boy Scout Troop of the National Capital Area Council since 1984. Troop 160 prides itself as being a boy-run troop.

Scouts Jay Tucker, Jon Roser, Joshua Rubin and James Rowley, serving as the masters of ceremony, hosted the evening. Awards earned by Troop 160 include Quality Unit, Centennial Quality Unit, National Camping Award, Emergency Preparedness Award. Their high adventure base trips include Philmont and FloridaSeabase, with a 2009 trip planned for Northern Tier.

As a vital part of the county's growth, the Scouts have accomplished 87 Eagle projects that add up to well over 5,000 hours of community service. Projects include improvements to playgrounds, picnic areas, landscaped schoolyards and fences, blood drives and building outdoor classrooms at three elementary schools, one middle school, and one high school, touching the daily lives of more than 2,000 students. They have also completed projects for Inova Hospital Day Care Center, Fairfax County Parks Authority, Oakton High, Chantilly High, Franklin Middle School, Navy Elementary, St. John Neumanns Church and many more. In addition to the many Eagle Award projects, Troop 160 also made two

trips to New Orleans after Katrina to help rebuild homes.

Since Troop 160's beginning, they have trained more than 2,000 young men in the Scouting tradition.

THE TROOP recognized the 13 Scoutmasters who have provided leadership, several of which attended the celebration. Special awards were presented to two Scouters: Rich Daugherty for his many contributions to the troop, which included being the personal Eagle advisor for more than 20 Scouts, building the troop's trailer that houses the troop's camping equipment, preparing the boys for cold weather campouts, including the Klondike Derbies, and numerous other events for the troop. Also awarded was Mike Buckley, who is the troop's longest running member, teaching citizenship, history and leadership, as well as serving on the camporee committee, planning committees, and many district committees. Troop 160 thanked Mrs. South, who serves as the chartered organization representative for the sponsoring organization, the PTA of Franklin Middle School. Troop 160 has been meeting at Franklin Middle School since 1984 and it greatly appreciates its support.

A tradition of Troop 160 is to present each of their Eagle Scouts with a flag at the time of their Court of Honor. That flag has been flown over the U.S. Capitol especially for that Scout. The office of

Congressman Frank Wolf (R-10), who joined the troop to celebrate the Silver Anniversary, supplies the flags. Wolf challenged the boys to be men of character and ethics. He also charged the parents to be active with their sons. He recited the words to Harry Chapin's song, "Cats in the Cradle," which resonated his challenge to parents to support their sons. He also posed the question and discussed "Where Are the Giants" that we can look up to today?

Troop 160 was also honored to have Sully District Supervisor Michael Frey at the dinner celebration. Frey presented to the troop a proclamation declaring on behalf of the Sully District, that Saturday, Jan. 10, 2009, be a day of celebration to honor the troop.

THE GUEST SPEAKER of the evening was Michael P. McWeeney, chief judge, Circuit Court, Fairfax County. McWeeney opened his speech by talking about the need for character in the community and how Scouting is so important. He shared his experiences as a Boy Scout and how much it had prepared him for his future. For his closing, he held up his Boy Scout handbook, which he told the Scouts to always keep near to them. He reminded them that in the last chapter of the handbook, it states "Once a Scout, Always a Scout."

The Eagle Awards recipients in attendance gathered together and shared their personal information of when they received the Eagle Award, their troop number and what they did for their project. An update was given regarding a few of the previous Troop 160 Eagle Award recipients.

Cuffee Wants to 'Sound Alarm'

FROM PAGE 3

one of the companies providing the care had been prosecuted, although he had not learned of the case in time to file a suit before the statute of limitations came into effect.

But, he said he was more fortunate than many, who might have a harder time finding a job. "I just want to sound the alarm, because

there are other people out there that weren't afforded the opportunity to have the education that I have, to be able to go on and become gainfully employed," he said. "If something was to happen to their parents, they're going to be driven into a nursing home."

Among the others less fortunate, Ray said, could be those applying to receive in-home care like

Cuffee's. The Department of Medical Assistance Services has also proposed capping enrollment in the personal care program and establishing a waiting list, she said, wondering, "How can you have a waiting list on services as basic as personal hygiene and assistance with basic activities?"

— MIKE DICICCO

Projects Ready for Stimulus Money

FROM PAGE 3

legislators yet because he does not sit on the House Appropriations Committee.

The committee will work on the budget behind closed doors until the General Assembly's "cross-over" day, when all bills that pass one legislative body are sent to the other side for another review, he said.

At that point, the House of Delegates is likely to reject the state Senate budget proposal and vice versa, so leadership from both legislative bodies will appoint mem-

bers to negotiate with each other "in conference" over the budget.

"The night before we adjourn, I will get the budget between midnight and 6 a.m.," he said.

FEDERAL STIMULUS PACKAGE – Virginia is likely to see a lot of money being given away as part of the federal stimulus package, in part because Gov. Tim Kaine's personal friendship with President Barack Obama, according to Rust.

Kaine was the first governor outside of the president's home state of Illinois to endorse Obama.

Last week, the Virginia governor was also installed as the new chair of the Democratic National Committee.

"I think it is safe to say he has the ear of the president and that's a good thing," Rust said.

Rust anticipates a lot of the stimulus money allocated to Virginia will be used for transportation-related construction, but other "shovel ready" projects — such as those related to sewer systems and public school facilities — could benefit, he said.

— JULIA O'DONOGHUE

Authorized Agent of *Karustan*

ROBERTS CARPETS ORIENTAL RUG CO.

Carpet & Hardwood On Sale

Oriental Rug Cleaning & Repairs In Our Plant
 Wall-to-Wall Carpet Cleaning
 In-Home or Office • High Rise a Specialty

Master Weaving • Restoration • Pet Odor Removal
• Woolgard • Water Damage Experts •

FREE Pickup & Delivery for Rolled & Ready Rugs
681 Spring Street, Herndon • Under same ownership for 45 years
 Around the corner from the Ice House • Across the street from the Fire Station
 Same block as Jimmy's Tavern

Hours: **Mon, Tues, Thurs & Fri: 9-6**
Wed: 9-5 • Sat: 10-3
703-471-7120
 All work done by our Employees

MasterCard
 VISA

INSTITUTE of INSPECTION CLEANING and RESTORATION CERTIFICATION

ST. TIMOTHY CATHOLIC SCHOOL
Chantilly, VA

• Preschool
 • Elementary
 • Middle School

Open House: Jan. 29th 7:00pm
Registration: Feb. 23rd 8:00 am

Extended Day & Bus Transportation Available
www.sainttimothyschool.org

CONNECTION Photo Galleries
 Now! Thousands of pictures of sports, graduations, current events and more—never published, but posted on the Web. Free for evaluation, available for prints.



Connection Newspapers.com
 Click on "Photo Gallery"

25% OFF

Whole House Humidifiers

- High Capacity
- Self Cleaning
- Trouble Free
- Fully Automatic

Guaranteed 10 Full Years

Stop Winter Dryness
Lower Your Heat Bills

2 Weeks Only (Supplies Limited) Call Now!

(703)450-9600

Our 33rd Year

Dave's Heating and Air Conditioning
Where You Get The Good Stuff

HOME AUCTION

350 DC, MD, VA HOMES
 including 175 in the Washington, DC area

SATURDAY, FEBRUARY 7th
at 1:00 PM
Hilton - McLean Tysons Corner

Get your next home at the price you set with NO STARTING BIDS. If you're buying your first home or your 10th, today's housing market and low interest rates make this an ideal time for you to buy!

Get All The Details At
DCHomeAuction.com

OR CALL FOR A FREE BROCHURE
866-823-6626

HUDSON & MARSHALL

OPEN HOUSE:
 Thurs, Jan 29 & Sat, Jan 31; 1 to 3 PM.

UP TO 2.5% TO BUYER AGENTS!

\$5,000 down in a cashiers check for each property. 5% premium on each sale. All sales subject to seller's approval.
 In Assoc w/ Larry Makowski, #'s16 & VAF189

Major Party Candidates Plea Their Cases

Why Vote for Bulova?

BY SHARON BULOVA
DEMOCRATIC CANDIDATE FOR
CHAIRMAN OF THE BOARD OF
SUPERVISORS

In my years as a member of the Fairfax County Board of Supervisors, I have had the opportunity to meet and work with many people from all parts of Fairfax. I am gratified that people tell me that they have chosen to live here because they enjoy the excellent schools, exceptional public safety, and first rate business climate. They tell me that realize that is a good place to live, work, raise a family and grow old.

In the upcoming Feb. 3 election for the Chairman of the Board, the most important message that I hear from voters is that they realize the good things about Fairfax County haven't happened by accident. Voters know that we are one of the best managed jurisdictions of our size in the country because we have had public leaders who have paid attention, set priorities, made the tough decisions, and demanded quality in all that we do.

In the 21 years, I have served on the Board, I have chaired the budget committee for 17 of those years. I know that our budget is our most important statement of our values. We can say we are for something, but it we aren't willing to put resources there, we are misleading. I know that building the annual budget is a constant quest for the best balance between revenue and expenses. We have a AAA bond rating, and we also have schools that rank among the very best in the United States. We have welcomed diversity as a great asset, even though that same diversity has challenged us and sometime cost us more to provide the services people here need and de-



Bulova

We have worked hard to find the right balance.

IN HER
OWN
WORDS

Voters know that our Board works best when we work together. I have a long record of reaching "across the aisle" and working with people from all parts of the county to build consensus about priorities. Voters know that I have been a leader in developing new ways to get public input, connect public and private resources, and improve the quality of life for everybody.

Voters know that in the past I was one of the most consistent advocates for mass transit to help relieve our traffic mess. I was one of the early sponsors of the Virginia Railway Express (the VRE) and have spent the last ten years as an advocate for rail to Dulles.

Voters know that as Chairman of the Board, I will continue that civil consensus-building open and honest approach. I won't walk away from a problem because it is hard or because I didn't get my way. I will be the leader of the Board and will set the agenda, but I will always respect those who disagree.

Respectfully, I ask the citizens of Fairfax County for your vote on Feb. 3. I pledge that I will always work to keep Fairfax the place where people will want to choose to live, work, and play.

Vote Feb. 3

All Fairfax County polling places will be open on Tuesday Feb. 3 for the special election for Chairman of the Board of Supervisors to replace Gerry Connolly.

Why Vote for Herrity?

BY PAT HERRITY
REPUBLICAN CANDIDATE FOR
CHAIRMAN OF THE BOARD OF
SUPERVISORS

Campaigns are about highlighting differences, but I am confident we can agree on one thing: Fairfax County is a great place to live. For decades we have had the best schools and beautiful parks. We've had a Triple-A bond rating since 1975, and we have been the economic engine for the state.

Yet our future success is not pre-ordained. We currently face significant challenges. Most pressing is our \$650 million shortfall, the largest in our history and larger than all of our surrounding jurisdictions combined. We face this shortfall despite the fact that taxes on homeowners have doubled in the past seven years. County spending has exploded, growing the budget by a billion dollars beyond inflation and population growth, squandering the good times on misplaced priorities.

We've spent \$200 million in the past two years to buy government housing and have built a large housing bureaucracy that makes us among the largest landlords in the County. We're subsidizing housing for those making \$99,000 a year.

At the same time, our schools are in dire need of renovations and class sizes continue to increase. Teacher pay has dropped from highest in the region to sixth highest. Despite this, the School Board, with my opponent's support, wants to spend \$130 million on a fancy administration building.

Fairfax County needs a leader with tested financial skills, who knows how to read a balance sheet, how to say "no," and who will focus spending on priorities. I am a chief financial officer with an award-winning financial track record of turning around troubled companies. I am the only candidate for Chairman with the financial experience necessary to lead us out of this financial train wreck.

I am also a recognized leader in transportation. I sit on the operations board for VRE, and was leading the effort for telecommuting with the Northern Virginia Technology Council before telecommuting was an accepted concept. On the Board, I have led



Herrity

IN HIS
OWN
WORDS

the efforts for both short-term and long-term improvements to the I-66 corridor.

Contrary to my opponent's accusations, I did not attempt to block the Dulles Rail project. In 2002, I filed suit against the project in order to ensure it was competitively bid, in an effort to save taxpayer money. To date, the project has never been competitively bid. I believe if it had, we would have been able to build a tunnel, the best option for Tyson's Corner, and still have met federal cost standards.

We can't afford to wait for Richmond to solve our problems. Thirty years ago when my father, Jack Herrity, was chairman of the Board, private-sector funding for transportation outweighed federal, state and local funding combined. Developers were held accountable for infrastructure improvements. We need to return to this kind of responsible leadership and creative solutions.

We also need to make our commercial tax base a priority. The commercial tax base was 27 percent but has now fallen to 17 percent, shifting the tax burden onto homeowners. It is important now more than ever for government to be responsive to the need for tax relief for residents. That is why last year I proposed a balanced budget that included an actual tax cut for homeowners. My budget also included an increase in education spending and more money for public safety programs than the budget passed by the Board.

I want my children to raise their children in a Fairfax County that is the best place to live, work, and play. I ask for your vote on Feb. 3.

Write

The Connection welcomes views on any public issue.

Letters to the Editor
The Connection
7913 Westpark Drive
McLean, Va. 22102
Call: 703-917-6444.
By fax: 703-917-0991.
By e-mail:
info@connectionnewspapers.com

www.ConnectionNewspapers.com

Newspaper of
Herndon

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

7913 Westpark Drive
McLean, Virginia 22102

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-917-6444
Fax: 703-917-0991
e-mail:
herndon@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-917-6428
kemal@connectionnewspapers.com

Justin Fanizzi
Editorial Assistant
703-917-6437
jfanizzi@connectionnewspapers.com

Mirza Kurspahic
Community Reporter
703-917-6452
reston@connectionnewspapers.com

Julia O'Donoghue
Education & Politics
703-917-6433
jodonoghue@connectionnewspapers.com

Ken Moore
Courts & Projects ♦ 703-917-6417
kmoore@connectionnewspapers.com

Rich Sanders
Sports Editor ♦ 703-917-6439
richsand8@aol.com

ADVERTISING:
To place an advertisement, call the ad department between 9 a.m. and 5 p.m., Monday - Friday.

Display ads 703-821-5050
Classified ads 703-917-6400
Employment ads 703-917-6464

Rebecca Nenner
Display Advertising, 703-917-6471

Winslow Wacker
Display Advertising, 703-917-6473

Andrea Smith
Classified Advertising, 703-917-6401
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-917-6418
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-917-6416
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren

Managing Editors
Steve Hibbard, Michael O'Connell,

Photography:
Robbie Hammer, Louise Krafft,

Art/Design:
Zohra Aslami, Geovani Flores,

Laurence Foong, John Heinly,

John Smith, Stu Moll,

Production Manager:
Jean Card

CIRCULATION: 703-917-6480
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

CONNECTION NEWSPAPERS, L.L.C.

Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
703-917-6416
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
703-917-6404
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales, 703-518-4631
debfunk@connectionnewspapers.com

John Lovaas
Special Assistant for Operations

Needless Fear of Change

To the Editor:

As a full-time worker and parent of three kids and veteran of nine Fairfax County public schools and myriad sports and even more extracurricular activities, I'm writing in response to letters opposing "flipped" bell schedules for our students.

Imagine this: Virginia Senator Non Dormez introduces a bill to require that every single employed adult in the state be at work by 7:20 a.m. sharp, five days a week. We adults would be required to rise by 5:30 a.m. for a 6:15 bus to work. This law would not allow us to stop for coffee or chat with co-workers once we arrived or check news or sports on the Internet before getting down to business. We would have to be on the ball at 7:20 a.m., ready to work on one of six projects simultaneously. Many of our assigned lunch breaks would begin at 10:30 a.m. We'd be encouraged (indeed, to be promoted, required) to go to the gym for two hours a day and volunteer a few hours a week. There would be a mandate to pack up materials for our projects and work at least two more hours before go-

ing to bed. But we would be forced to stay up until 11 p.m.

Bottom line: We'd be required to perform at our full potential all day long on some six hours of sleep a night, every night.

I know we would consider this legislation abusive. We would probably organize a revolt.

We should not keep demanding of our students what we would not demand of ourselves. But that is what the Fairfax County public school system is doing.

Science tells us that teens need at least nine hours of sleep a night, that melatonin sleep chemicals in their bodies don't kick in until 11 p.m., that young children are at their best early in the day and retain less as the day goes on and that older ones need more sleep than they're getting.

Surveys in other jurisdictions with flipped schedules have found that feared obstacles never appeared or were overcome. That students do not stay up later and do get more sleep. That they perform better in school, at sports, in clubs, and at work and are becoming more fit. That work, after-school activity and day-care sched-

ules were adjusted with few problems. That dropout rates, truancy, remediation needs and car accidents were reduced. And that bus-ing became more efficient, saving money.

The single greatest remaining obstacle, in my view, is fear of change. This is a powerful emotion when each of us has strived mightily to strike a careful balance in our busy lives. But remember: Every parent has already had to make adjustments for the current schedule (which is only ca. 10 years old), and has to keep adjusting when our family activities and schedules change, as they always do. We can make this change for the sake of 170,000 students.

Cost is no longer a barrier. Science is with us. Other jurisdictions, including Loudoun and Arlington counties, prove it is possible. Our children's well-being is at stake. Any needed adjustments for a new and healthier bell schedule can and will be made with courage and collaboration. Let's do this together.

Caroline G. Hemenway
Herndon



PHOTO BY MICHAEL ROYTER

Inauguration Scouts

Three local Boy Scouts volunteered at Barack Obama's Inauguration on Tuesday, Jan. 20, in Washington, D.C. From left, Alan Lambert, Scout executive of the National Capital Area Council Boy Scouts of America, is briefed early on Inauguration Day by Scouts Azraf Ullah of Herndon; Will Danning of Fairfax and Hamza Hoop of Sterling on the Boy Scouts' flag distribution plan.

WINTER SAVINGS!

Winter Offers End Soon - Act Now!

Musty Odors When Heat Is Running? Excessive Dust? Allergies? Asthma? Breathing Problems? High Utility Bills? Air Duct Cleaning Could Be Your Answer!

BEFORE

AFTER

ONLY \$695 PER ROOM 2 ROOM MIN. Expires 2/13/09

\$69.95

ONLY

INCLUDES: 10 Vents, One Main And One Return

FREE FURNACE CHECK-UP WITH AIR DUCT CLEANING!

Was \$49.95 Now FREE

Check Up Includes: Evaluation Of All Furnaces, Blower Motors, Coils, Compressor, All Wires, Drain Pans & Thermostat Expires 2/13/09

FREE HALLWAY

WITH 5 ROOM ORDER ONLY \$34.75

Expires 2/13/09

We Also Offer

- Two Step Corrective Cleaning for Heavily Soiled Carpet - .30¢ PSF
- Dupont Teflon - .20¢ PSF (1 yr warranty)
- Commercial Rates - .15¢ PSF
- Pet Odor Removal - .20¢ PSF
- Sanitizer - .20¢ PSF
- Pre Conditioner - .20¢ PSF
- Stairs - \$2.00 each
- Expert Oriental Rug Cleaning

"CALL TODAY, CLEAN TODAY"

CAPITAL CLEANING AND RESTORATION SERVICES.

Licensed, Insured & Bonded For Your Protection. Let Our Experience And Knowledge Work For You & Your Family

VIRGINIA
WASHINGTON D.C
MARYLAND

1-703-276-7600 • 1-202-393-3900 • 1-410-290-8010

CELEBRATING 25 YEARS IN THE INDUSTRY

TOLL FREE FOR YOUR CONVENIENCE 1-866-955-1521

6AM-9PM MONDAY THROUGH SUNDAY for your convenience.

LOCALLY OWNED AND OPERATED. WE SERVICE, DC METRO, the WHOLE state of Virginia, the WHOLE state of Maryland, THE WHOLE state of DELAWARE. We will travel to any destination, absolutely NO travel charge.

10% OFF SENIOR CITIZEN AND GOVERNMENT WORKERS DISCOUNT

350 DC,MD,VA Bank-Owned HOMES

2022 S.Monroe St, Arlington

3 BR
1 BA
1170 SF

Local Agent: Frank Prindle
RE/MAX Allegiance • (703) 859-6876

AUCTION

SAT, FEB. 7 • 1 PM

Hilton - McLean Tysons Corner

Visit these homes & 175 others in the WASHINGTON, DC area during

OPEN HOUSE

THURS • JAN 29 & SAT • JAN 31

1 to 3 PM

5514 Ferndale St, Springfield

4 BR/3 BA 3520 SF

Local Agent: Judy Semler
Long & Foster Real Estate
(703) 503-1862

2001 N15th St, Unit 114, Arlington

3 BR/2.5 BA 1698 SF

Local Agent: John Westerhouse
Lee Beaver & Associates, Inc
571-344-1797

5394 Abernathy Ct, Fairfax

LOCAL AGENT: Phil Chernitzer
703-256-7648
REO Real Estate

In Assoc w/ Larry Makowski, #'s16 & VAF189

Call 866-823-6626

or Go ONLINE to View ALL HOMES

www.DCHomeAuction.com

101 WAYS TO HAVE FUN

Part four in series.

THE GREAT OUTDOORS

Know Your Farm Animals

Kidwell Farm at Frying Pan Park
2709 West Ox Road, Herndon
703-437-9101

At Kidwell Farm, there are many opportunities to meet farm animals and learn more about what makes them tick and how they contribute to society. Classes, workshops and special events are available through the year. Get lucky and one might even see the birth of a calf. Open daily 9 a.m.-5 p.m. Visit www.fairfaxcountry.gov/parks/fpp.

Visit Runnymede Park

Runnymede Park
Herndon Parkway, a quarter-mile north off Elden Street, Herndon

Herndon's 58-acre forest preserve is one of Northern Virginia's most diverse natural parks, with more than 450 native plant species spread out over 11 different ecological habitats. Parkgoers can experience the complexity of nature by taking hikes on the more than one mile of trails in Runnymede, enjoying a picnic with family and friends or taking a tour with official guides who can point out all of the features that make Runnymede distinct to the region. Observant visitors might catch a glimpse of the variety of animals that dwell in the park including beavers, red foxes and painted box turtles. For more information about Runnymede Park nature programs, call 703-435-6800.

A Walk in the Woods

Sugarland Run Trail, Herndon
Paved and natural surface trails follow Sugarland Run 2.2 miles

along the Herndon-Reston border from Sugarland Road south to Herndon Town Line. Access can be gained through neighborhood entrances and Runnymede Park. Concrete stepping-stone columns enable walkers to cross the stream at several junctures which, if wet, can be slippery. Unlike the mostly treeless W&OD trail, Sugarland Run's canopy of leaves provides a cooler walk.

Pick This Pocket Park

Spring Street Park, Herndon
703-435-6868

Spring Street Park, at the corner of Spring and Van Buren streets, is a 1.5-acre, passive park. Original green ash trees have been preserved, and evergreen trees line the frontage of the park. The park has walking trails and benches, and is close to the W&OD Trail. There is no parking available at the park site. For other parks in Herndon, see www.herndon-va.gov.

Iris Relaxation

Margaret Thomas Garden
12410 Lawyers Road, Herndon
<http://www.herndonirisdgarden.com/index.html>

For more than 30 years, area's nature lovers, painters, school groups and people seeking relaxation in open space have flocked to a five-acre plot belonging to 86-year-old Margaret Thomas off of Lawyers Road in Herndon. Thomas has grown irises and other flowers and vegetation in her garden since a neighbor handed her some irises over the fence in the late 1970s. Thomas has thus far refused offers from developers and construction companies for the valuable piece of land. The volunteers who help run the garden are hoping to preserve it as a nature sanctuary, an educational center and a park for continued community use.

Sled Reston's Black Diamond

Mt. Reston
Isaac Newton Square
It's the winter's steepest, fastest



PHOTO BY MIRZA KURSPAHC/THE CONNECTION

Myatt Tazar Lynn of Springfield performs the Water Dance from Myanmar, formerly Burma, at the 5th Annual Asian Festival held in Reston in August 2008. Tens of thousands of visitors witnessed dancing, music, martial arts and other performances highlighting Asian cultures.

ride in Reston. On any given snow day, hundreds of sledders make their way to what is affectionately known as Mt. Reston, which is located behind the northwest corner of Isaac Newton Square. Everyone, from novices on snow tubes to experts on snowboards, swarm the massive hill for fun in the snow as long as it lasts. Beat the rush and arrive early.

Tour a Favorite Beaver Hangout

Glade Stream Valley
www.reston.org

Beavers, armed with their signature mouthful of teeth and a paddle for tails, have found a friendly home at Glade Stream Valley in Reston for the past 20 years. Beaver activity is the norm along a stretch of Reston Association paths, which follow a creek through the valley. Pick up the path at the intersection of Twin Branches Road and Glade Drive and walk through the valley early morning or late evening. Keep an eye out for wildlife other than the industrious local beaver population. Deer and birds of prey also find the spot attractive.

Where the Wild Things Are

The Reston Zoo
1228 Hunter Mill Road, Vienna
703-757-6222

Llamas, Zebras, Monkeys — The Reston Zoo is like an African Safari condensed into thirty acres. Operating for more than 25 years, the zoo offers a "Zoofari", a wagon ride through the world of these wild inhabitants, as well as various opportunities to get up close and personal with the animals. Check out the reptile house or even get a close look at the alligators. The Reston Zoo is open early March through the end of November. For hours and ticket prices visit www.restonzoo.com

Floating on a Boat

Lake Anne Boat Rental
Lake Anne Village Center, Reston
703-464-5559

For less than \$10 per hour you can get a different view of Reston's oldest village center. Boat rentals are available from beginning of June through beginning of September at the dock of Lake Anne. Local fitness center, Body By Geoff, are the caretakers of the various canoes, kayaks, rowboats and paddle boats and rent the vessels from their store, located in the Lake Anne Village Center. Visit www.restonmuseum.org for boat rental hours.

For The Birds

Summer Bird Walks with the Reston Association
Venture out into the woods of Reston and you might come across some spectacular fowl. Sponsored

by the Reston Association, the Audubon Society of Northern Virginia and The Bird Feeder Store, these free seasonal walks take place on designated Sundays beginning early May and running through September. Walks are led by local bird experts and explore areas like the Twin Branches Nature Trail, Beaver Swamp, Bright Bond and Glade Stream Valley. You might even get lucky and spot a Bald Eagle. Visit www.reston.org.

Wander the Wetlands

Sunrise Valley Wetland Park
www.reston.org

It's like Reston's version of the Everglades, but very few people seem to know about it. Invisible from the road, Sunrise Valley Wetland Park still remains a secret to most Restonians. The park is tucked away on the left or west side of the ASG Software Solutions parking lot off of Sunrise Valley Drive and east of the Monroe-Herndon Park and Ride. Turtles and lily pads fill the shallow marshland, attracting one of Reston's most diverse displays of birds. With a nifty boardwalk stretching through the center of the wetland, visitors will be sure to see wildlife.

Have an Adventure at Lake Fairfax

1400 Lake Fairfax Drive, Reston
703-471-5415

Lake Fairfax is 476-acre park that includes a lake, campgrounds, picnic areas, a water park, an amphitheater, soccer and softball fields, and a carousel. The park is open year round, from 7 a.m. to dark, except Christmas day. The 136-site campgrounds are open year round as well, and reservations must be made ahead of time to use the campgrounds. There are varying rates throughout the year, with prime rates applicable Memorial Day to Labor Day. The park amphitheater is home to Arts in the Parks all summer long, with puppet shows, bands, and various acts performing a few times each month from June through August. Boating is generally allowed on the lake, but due to recent renovations, it would be wise to check with the park ahead of time. Various picnic sites are also available for renting. For more information, visit the Lake Fairfax web site at www.co.fairfax.va.us/parks/lakefairfax.

FUN FOR THE MIND

Rooting Out Ancestors

Herndon Fortnightly Community Library
768 Center St., Herndon
www.CONNECTIONNEWSPAPERS.COM

703-437-8855

Genealogy research is one of the many programs offered at Herndon Fortnightly Community Library throughout the year. Participants, age 13 and older, can learn how to use the Ancestry and Heritage Quest databases to research family history. Call 703-437-8855.

Visit Civil War sites

Old Train Depot
717 Lynn St., Herndon
703-437-6366

Herndon is filled with battle sites and historical buildings associated with the Civil War. Visit the Herndon Station, known during the war as the First Vermont Cavalry and also as "Hendrick's Station." Civil War history buffs can revisit the war through the eyes of Laura Ratcliffe, Herndon's Civil War spy who is credited with saving war hero John Mosby's life, by visiting her restored home just 1.7 miles south of the Herndon Depot — another war relic. The Herndon Depot Museum is famous for its railroad memorabilia and information on Commander William Lewis Herndon. For more information on civil war sites and locations call the Herndon Depot Museum at 703-437-6366.

Local Architectural Gem

Herndon Fortnightly Community Library

768 Center St., Herndon.
703-437-8855

Walk into Herndon Fortnightly Library front entrance at 768 Center Street to the center of the first floor and look up.

Chess in Historic Setting

Washington Plaza, Lake Anne Village Center, Reston

Chess sets are available for free checkout from the Reston Used Book Shop every day. The Book Shop is located on Washington Plaza.

FARMERS' MARKETS Food & Fun

Farmers Market
Lynn Street, Herndon
703-787-7300

The Herndon Parks and Recreation Department presents free performances for children attending the Farmer's Market, 10:30-11:15 a.m. The Herndon Farmers Market takes place on Thursday mornings, 8 a.m. to 12 p.m., from early May to late October. It features fresh and local fruits and vegetables as well as baked goods.

Going Organic

The Reston Farmers Market
Lake Anne Village Center, Reston

The Reston Farmers Market happens every Saturday from 8 a.m.

to noon from early May to late October. The market features freshly picked locally grown fruits and vegetables, as well as baked goods, eggs, dairy products, meat, honey, and cut and potted flowers and plants. The Reston Farmers Market also features a Master Garden Plant Clinic, to which customers can bring plants or pesticides for pest and pesticide identification.

Farmers' Food and Wine

Smart Markets Farmers Market
Reston Town Center

The farmers market at Reston Town Center opened in 2008 for the first time. Besides offering locally grown produce, the privately operated market also offers wine for sale and provides live entertainment at its location at the Reston Town Square park, on the corner of St. Francis and Market Streets. The market takes place on Thursday afternoons, between 3:30 and 7:30 p.m. from early April through October.

ART

Embrace the arts

Council for the Arts of Herndon
P.O. Box 940
Herndon, VA 20172

SEE 101, PAGE 15

Work alone does not suffice—the effort must be intelligent.

—Charles B. Rogers

MARYMOUNT UNIVERSITY



"Marymount's Master of Education offers instruction in the most current educational research and teaching methodologies and provides excellent student-teacher placements."

Shannon Melideo
Assistant Professor of Education

If teaching is in your future, consider a graduate degree in Education from Marymount's Reston Center!

- Earn an M.Ed. with licensure in Elementary or Secondary Education.
- Take advantage of convenient classes, scheduled on Friday evenings and on Saturdays.
- Benefit from outstanding faculty expertise.
- Finish your degree in as little as two years of part-time study.

MARYMOUNT UNIVERSITY
ARLINGTON, VIRGINIA

Attend an Information Luncheon.
Friday, February 6 • 11:30 a.m.
MU's Reston Center • 1861 Wiehle Avenue
RSVP: (703) 284-5902 or visit
marymount.edu/reston

LEADERSHIP for LIFE

PREPARING FOR COLLEGE AND BEYOND FISHBURNE ★ 1879



WHAT BETTER INVESTMENT CAN YOU MAKE THAN IN YOUR SON'S FUTURE? • WE HAVE BEEN TURNING POTENTIAL INTO ACHIEVEMENT SINCE 1879 • CALL 1-800-946-7773 OR VISIT WWW.FISHBURNE.ORG

RETAIL THERAPY you can afford



Come to the Sugarloaf Crafts Festival to relieve your stress, forget the news and interact with hundreds of caring artists.

BUY DISCOUNT TICKETS ONLINE

SugarloafCrafts.com

SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

Treat yourself
Shop with friends
Sample specialty foods
Enjoy children's shows
Leave refreshed

Sugarloaf Crafts Festival

SUPPORT AMERICAN ARTISANS

JAN 30, 31, FEB 1, 2009

Dulles Expo Center
Chantilly, VA (Rt. 28 at Willard Rd.)
Fri. 10-6, Sat. 9-6, Sun. 10-5

The Washington Post Presents The 10th Annual

Washington D.C. International Wine & Food Festival

Spend Valentine's Day and President's Day Weekend With Us!

FEBRUARY 14 - 15, 2009

Ronald Reagan Building and International Trade Center

Featured Culinary Experts From Public Television



Andreas Viestad
Perfect Day/
Washington Post

Christina Pirello
Christina Cooks

Martin Yan
Martin Yan's China

\$15 OFF Saturday, Sunday or Two-Day Grand Tasting Tickets when you use promo code CNP15! Offer expires 2/13/09

Visit www.DCWineFestival.com or Call 800-343-1174

Sponsored By:



**Stunning Views Are Waiting for You at These OPENS
Jan. 31st & Feb. 1st**



*Featured Home-19213 Sweig Ter., Lansdowne, \$395,000
Sun 1-4, Stephen Adamson, Weichert, 703-470-8356

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,
click the Real Estate links on the right side.

Call Specific Agents to Confirm Dates & Times.

Herndon

1364 Dominion Ridge Ln.....\$749,000.....Sun 1-6.....Nancy Marino.....HIS Realty.....703-787-9582
13621 Flintwood Pl NE.....\$579,000.....Sun 12-4.....Seema Sinha.....Keller Williams.....703-343-5726
13205 Stablebrook Way.....\$689,735.....Sun 1-4.....Linda Smith.....Samson Realty.....703-338-0060

Reston

2132 Glencourse Ln.....\$399,900.....Sun 1-4.....Cookie Lipin.....Long & Foster.....703-435-4312
1737 Wainwright Dr.....\$355,000.....Sun 1-4.....Ellen Moyer.....Remax.....703-298-6444

Loudoun County

Ashburn

43292 Amanda Kay Ct., SE.....\$529,000.....Sun 1-4.....Slav Ilyev.....ERA.....703-774-4042
20119 Muirfield Village Ct.....\$630,000.....Sun 1-4.....Julie Hertel.....Long & Foster.....571-243-5952
21279 Irongate Way.....\$435,000.....Sun 1-4.....Kuljeet Chabbawal.....Weichert.....703-726-3909

Broadlands

42954 Cedar Springs Ct.....\$549,000.....Sun 2-4.....Diane DiMillio.....Long & Foster.....703-431-3591

Lansdowne

19213 Sweig Ter.....\$395,000.....Sun 1-4.....Stephen Adamson.....Weichert.....703-470-8356

Leesburg

508 Beauregard Dr., SE.....\$549,000.....Sun 1-4.....Dawn Perusse.....Long & Foster.....703-669-6715
42220 Big Springs Ct.....\$649,000.....Sat & Sun 1-4.....Patsy Jean Harrington.....Fairfax Realty.....703-963-8515
18721 Potomac Station Dr.....\$455,000.....Sun 1-4.....Betty Dajani.....Weichert.....202-841-8747
556 Tuliptree Sq., NE.....\$282,500.....Sat 1-4.....Debra Saunders.....Weichert.....703-777-3977

Potomac Falls

21223 Edgewood Ct.....\$784,000.....Sun 12-4.....Deborah Gorham.....Long & Foster.....703-581-9005

Purcellville

18125 Silcott Springs Rd.....\$610,000.....Sun 1-4.....Marcia Faircloth.....Prudential Carruthers.....540-338-4171

Sterling

46705 Corkwing Sq.....\$254,900.....Sat 12-4.....Aziz Nawabi.....Coldwell Banker.....703-771-8888
47304 Middle Bluff Pl.....\$645,000.....Sun 1-3.....Carole Jones.....Weichert.....703-759-6300
21083 Rotunda Ter.....\$385,000.....Sun 1-4.....Stephen Adamson.....Weichert.....703-470-8356

To add your Realtor represented Open House
to these weekly listings, please call Lauri Swift or
Winslow Wacker

**703-821-5050 or E-Mail the info to
Lauri@connectionnewspapers.com**

All listings due by Monday at 3 pm.

THE COMMUNITY MARKETPLACE
support your local business



**THE CONNECTION
NEWSPAPERS**

MASON NATION
2006 NCAA Final 4

GEORGE MASON VS. HOFSTRA

Tuesday, Feb. 3 at 7 pm
at the Patriot Center

U.S. Marine Corps Night

MARINEOFFICER.COM

Show your Harris Teeter
VIC Card at the Box
Office and receive
\$5 off the price of
an adult ticket.

George Mason Presents
VAIL 3BALL
The most affordable fun around!

For Tickets Call
703-573-SEAT
or visit **ticketmaster.com**

COMMUNITIES OF WORSHIP



**GOOD SHEPHERD
LUTHERAN CHURCH**
Making more and better disciples of Christ

Now in our new location
1133 Reston Avenue, Herndon, VA 20170
Sunday Worship: 8:00 and 11:00 am

Child care
available at
all services

Sunday School: 9:30 am
Church Office: 703.437.5020
Preschool: 703.437.4511
www.gslcva.org



Progressive & Welcoming

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

Sunday Communion Services
7:45 a.m. 9:00 a.m.
11:15 a.m. 5:00 p.m.

The Rev. James Papile, Rector
The Rev. Jacqueline Thomson
The Rev. Denise Trogdon
703-437-6530

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

Child care provided at later morning services

**To Highlight your Faith Community
Call Winslow at
703-917-6473**

FAITH

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to herndon@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday.

A free **Christian family concert** featuring contemporary music will be held Friday, **Jan. 30**, 6:30 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Visit www.florisumc.org and click on the "Coming up at Floris" graphic for advance tickets.

A discussion on "**Tough Texts: Taking a Second Look**" will be held Wednesday, **Feb. 4**, 7-9 p.m. at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. Dr. Denise Dombkowski Hopkins will give a presentation of Old Testament scriptures that are difficult to accept or understand. Call 703-793-0026.

Congregation Beth Emeth, 12523 Lawyers Road, Herndon, will host a **Yiddish Club** on the **first Tuesday of each month**, starting Jan. 6. Members will engage in a variety of activities that utilize the Yiddish language, including reading stories, listening to music and radio broadcasts, reading Yiddish newspapers and more. Free. Call 703-860-4515, ext. 127.

Congregation Beth Emeth Hazak Chapter, 12523 Lawyers Road, Herndon, hosts prominent speakers and entertainers on the **third Tuesday of each month**, at 1 p.m. Free light refreshments are served. Call 703-860-4515, Ext. 127. The guest list is as follows:

Feb. 17: Rabbi David Kalendar, The Jews of Uganda

March 17: Dr. Louis Blumen, Jewish Medieval Medicine

April 21: Steven Gross, The Holocaust in Hungary

May 19: Speaker from Embassy of Israel

June 16: Year-end Luncheon

Every Wednesday, at 12:15 p.m., **St. Timothy's Episcopal Church**, 432 Van Buren St., Herndon, offers a lunch-time Healing and Holy Communion service. This half-hour service is offered to all and allows people an opportunity to worship during the work week when they may be away from their regular church. All baptized Christians are welcome to receive the Sacrament and all who have not been baptized may receive a blessing at the Altar rail. Call the church Mondays-Fridays, 9 a.m.-3 p.m., at 703-437-3790 or visit www.saint-timothys.org.

VOLUNTEERING

Become a volunteer stream monitor and help Reston Association assess the health of our streams. Assist with stream monitoring at several locations throughout Reston during all season. A **training workshop** will be held **Feb. 11**, 7:30-9:30 p.m. at 1930 Isaac Newton Square, Reston. Contact Ha Brock, Volunteer Coordinator, at 703-435-7986.

The **Volunteer Income Tax Assistance Program** is seeking volunteers to deliver free tax preparation services at no cost to working families and individuals. Volunteers contribute a few hours weekly during tax season to help prepare tax returns, or serve as greeters, screeners, site coordinators and interpreters. To register as a volunteer contact James Do at 571-749-7838, TTY 703-533-5316, or james.do@fairfaxcounty.gov.

CALENDAR

Send announcements to herndon@connectionnewspapers.com or call 703-917-6437. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

WEDNESDAY/JAN. 28

Senior Movie Day. "PS I Love You" will be shown in the Multiplex Cinema at Reston Town Center, 11900 Market St., at 10 a.m. Refreshments and door prizes provided prior to movie. Free for those 55+. Call 703-435-6530.

Relay for Life. 7 p.m., Reston Sheraton, 11810 Sunrise Valley Drive, Reston. A "Kick-Off Party" for the 2009 Relay for Life will be held. The Relay will be held May 30+31 at South Lakes High School. Call Angee Quattro at 301-466-3320 or Andrew Sterling at 703-244-5881 to donate or volunteer.

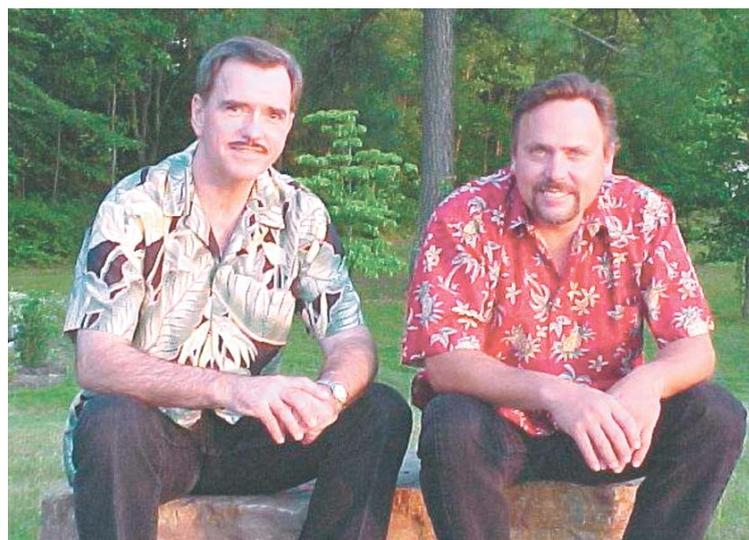
FRIDAY/JAN. 30

Winter Sky. The Walker Nature Education Center, 11450 Glade Drive, Reston, is hosting a winter sky program, 7 p.m.-8:30 p.m. Learn about the stars and folklore associated with these celestial objects. Meet at Quartermaster Soccer Field located at the intersection of Glade Drive and Quartermaster Lane. Cost: \$5/person for Reston Association members; \$8/non-members. Reservations required; call 703-435-6530 or e-mail naturalist@reston.org.

SATURDAY/JAN. 31

Andrea Marcovici. 3 p.m., Reston Community Center, 2310 Colts Neck Road, Reston. Andrea Marcovici will perform songs celebrating Fred Astaire. Visit www.andreamarcovici.com.

Dine-In Movie. 6-9 p.m., Herndon Community Center Pool, 814



Jimmy Gaudreau and Moondi Klein are performing their bluegrass music Saturday, Feb. 7, 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. Tickets: \$15; call 703-435-8377.

Ferndale Ave., Herndon. Bring your floats and rafts and watch a movie in the pool. Doors open at 6 p.m.; movie begins at 6:30 p.m. Pizza and drinks available for purchase on the pool deck. Children under 12 must be accompanied by a parent or guardian; children under 6 must have a parent or guardian in the water with them. Visit www.herndon-va.gov or call 703-787-7300.

that have been nominated for an Oscar. Visit www.restongardenclub.org.

FRIDAY/FEB. 6

Used Book Sale. Reston Regional Library, 11925 Bowman Towne Drive, is holding a "Mystery Mini Used Book Sale" during regular library hours through Wednesday, Feb. 11.

SATURDAY/FEB. 7

Polar Dip. Camp Sunshine presents the Virginia Polar Dip at 2 p.m. at Lake Anne Village Center in Reston. Participants must raise a minimum of \$100 in pledges. Prizes awarded for top fundraisers and best costumes. Visit www.freezinforareason.com/virginiapp.html.

THURSDAY/FEB. 5

Reston Garden Club. The Garden Club will meet at 1:30 p.m. at Lake Anne Community Center, 1609-A Washington Plaza, Reston. The program will be "Reston Garden Club Goes to the Oscars" and several members of the garden club will show floral interpretations of movies

SCHOOL NOTES

Events at **Herndon High School:** Jan. 29 Rising Sophomore and Junior Parent Night, 7 p.m.

Jan. 31 Improvathon, 7-10:30 p.m.; Free help with FAFSA Form for Seniors at Centreville H.S., 9 a.m.-2 p.m.

Feb. 2-6 Winter "Spirit Week"
Feb. 4 Rising 9th Grade Parent Night
Feb. 5 Evening of One-Acts, 7:30 p.m.

The **Herndon High School's first ever "Improvathon"** featuring high school and feeder middle school teams will be held Saturday, **Jan. 31**, 7-10:30 p.m. in the HHS Auditorium.

\$5 per team to participate; \$5 per person to watch. E-mail Ms. Dillard at zoe.dillard@fcps.edu or call 703-810-234 to register.

St. Joseph School in Herndon is inviting parents to an Open House on Feb. 3, 9:30-11 a.m. St. Joseph School received the Blue Ribbon of Excellence in 2007 because their students consistently score in the top 10 percent in the nation. It is the highest award given by the Department of Education. Parents will have the opportunity to meet the Principal, Joan Cargill, tour the state-of-the-art facility, including new classrooms, science lab, computer lab, inner courtyard playground, and more. Principal Cargill's presentation begins at 9:30 a.m., with guided tours to follow. For more information call 703-880-4350.

The Marymount University Reston Center, 1861 Wiehle Ave., Reston, will host a Graduate Education

Programs Information Luncheon Friday, Feb. 6, 11:30 a.m. Get licensed as a teacher in just six semesters. Call 703-284-5902 or visit www.marymount.edu/infosession to RSVP.

Chris Skinner will be at Herndon High School Thursday, **Feb. 12** to speak to students on **"The Ultimate Learning Experience."** Students will hear from Skinner during the school day and he will give a presentation to parents at 7:30 p.m. Skinner will speak about the power of choices in determining how our lives progress.

Spring Sports Physical Blitz Day at Herndon High School will be held **Feb. 12**, 2:30-3:30 p.m. Coaches from each Spring sport will be collecting and reviewing physicals in the Gym lobby from all athletes who plan to attend try-outs. Every athlete must have a physical on file by Feb. 23 and will not be allowed to participate in try outs until one is submitted. Coaches may also be collecting Emergency Care, Communicable Disease and Extracurricular Policy forms along with physicals; check team Web site for details. Any athlete who does not submit a physical on Feb. 12 will need to bring their completed physical to Ms. Sheedfar after school in the Athletic Training Room before they will be cleared for participation.

The **Capitol Steps** will perform **Sunday, Feb. 22**, 7 p.m. in the Herndon High School Auditorium. Purchase tickets at http://www.fcps.edu/HerndonHS/ptsa/ptsa_act/allnightgrad.htm.

FOOD & DRINK

Jimmy's Old Town Tavern, 697 Spring St., Herndon, is hosting a "Super Bowl Bash" Sunday, Feb. 1 with specials from 11 a.m.-9 p.m.; annual outdoor football toss at 5 p.m., free football pool for the first 100 fans, HD televisions and more. Jimmy's is also celebrating Valentine's Day with a special menu, complimentary flowers for the ladies and a DJ and dancing after dinner/Early seating from 5-7 p.m. is \$69.95/couple; late seating, 7-9 p.m., \$79.95/couple.

Enjoy **free samples of "Virginia's Finest"** gourmet treats and hand made chocolates Saturday, **Feb. 7**, 12-3 p.m., at Lake Anne Florist, 1609 Washington Plaza, Reston. Call 703-437-8686.

Mon Ami Gabi, 11950 Democracy Drive, Reston, is hosting **four celebrations** this month. The restaurant will create a signature "French Kiss" will make specialty menu options from Thursday, **Feb. 12-18**. On Saturday, **Feb. 15**, 10 a.m.-3 p.m., show up in pajamas to a gift certificate equal to the dollar amount of your meal. On Monday, **Feb. 16**, 11:30 a.m.-3 p.m., they will offer a President's Day Brunch. From Thursday, **Feb. 19-25**, they will host the "Lemon Festival," showcasing the world's most popular citrus fruit. Call 703-707-0233.

Change the Face of Your Skin



MANDIRA MED SPA
877-SPA-1020
www.MandiraMedSpa.com

- LASER HAIR REMOVAL
- BOTOX • RESTYLANE

FREE
Consultation

25% OFF
Laser Hair Removal
& Skincare



Medically Supervised

Located at

Chantilly Family Practice Center
4437 Brookfield Corporate Dr.
(1/4 mi. from the Chantilly Post Office)

Check out our competitive prices
on our website

Pediatric & General Dentistry

Children love our
entertainment
center with
video games.



NEW! LASER procedure for fillings.
Many pediatric patients can be
treated without novocaine!

- Bleaching
- Nitrous Oxide
- Invisalign
- Special Needs Patients
- Cosmetic Restorations
- IV Sedation Available

Howard Mitnick, DDS
Nooshin Monajemy, DDS
Heidi Herbst, DDS, FAAPD
21475 Ridgetop Circle, Sterling, VA
703-444-3710
www.sterlingVAsmiles.com

**Dental Care with
The Gentle Touch!**

SPORTS

Hornets Hoping to Make Postseason Buzz

Herndon look to have Hayden back for next week's districts.

BY RICH SANDERS
THE CONNECTION

This year's Herndon High girls gymnastics team might not be as dominant as the Hornet squads that took the Northern Region crown each of the past two years. But don't be surprised if Herndon, under longtime head coach Keith Naquin, makes another strong postseason run.

"Our goal this year is to make it to states," said Herndon junior Maria Hayden, the two-time defending region individual champion. "We have a chance if we keep working hard."

Two teams from the region will advance to states in February. Chantilly High is considered to be the favorite to take the region crown, but Herndon certainly is in the running for second place.

"Chantilly is a real powerhouse," Hayden said of the Chargers.

BOTH HERNDON and Chantilly practice together twice a week. Coach Naquin's wife, Maureen Naquin, is the coach of the Chantilly team. Keith Naquin, along with his head coaching duties for Herndon, also serves as a Chantilly assistant.

Herndon has two of the region's top gymnasts in Hayden, who is in her third year with the Hornets, and senior Lauren Sullivan, the team's official team captain. Both are elite club gymnasts who are also proud to be competing for their high-school team.

"Their [success in the sport] definitely comes from their experience and training that they've had in both high school and club [gymnastics]," said Naquin, who is in his 18th year as Herndon's head coach. "They've helped our younger kids with their routines and have played a big sister-type roll."

The Herndon twosome has certainly been the key for a two-time defending champi-

onship Hornets' team that lost four key athletes to graduation last spring.

Sullivan, a fourth-year member of the program, is a wonderful example to her younger teammates.

"She's a role model student-athlete," Naquin said of Sullivan. "She has great grades and has been on successful [Herndon] cheerleader teams as well. She's been a club gymnast for many years."

"I've had an amazing time and we've had so much fun as a team."

— Lauren Sullivan,
Herndon senior gymnast

Sullivan is solid in all four gymnastics events — vault, bars, beam and floor exercise — and carries an overall average of about 9.0 combined. She always produces top all-around scores.

"She's just consistent and having fun with [the sport]," Naquin said. "She'll do well in whatever endeavor she takes up [in life]."

Sullivan has loved being a part of Herndon High gymnastics.

"I've had an amazing time and we've had so much fun as a team," Sullivan said. "Being part of two region championship teams has been incredibly exciting. None of us thought it was possible until it happened. I think this year's gone really well. We've kind of really had to step up to the plate."

HAYDEN, MEANWHILE, brings a love and determination to the sport.

"She's a great competitor and gymnast," Naquin said. "She trains all year long and has excellent conditioning. She's always trying to perfect her skills."

Hayden is especially on top of her game in the big meets. Naquin recalled last year's



Herndon's Maria Hayden, a two-time defending region champion, hopes to be available for next week's districts after sustaining a shoulder injury two weeks ago.

region championships in which Hayden, under the glare of the local media spotlight, was able to focus on her routines and put together an outstanding showing. Not only did Hayden capture her second individual region crown, but she helped Herndon win the team title for the second straight year.

"All of these photographers were clicking away and she was able to tune it out," Naquin said of Hayden's outstanding region meet last winter. "It's a lot of pressure to be a region champion two years in a row. She has an uncanny ability to focus on her routine."

Hayden likes the spotlight.

"I really enjoy the performance part [of gymnastics]," Hayden said. "I love performing in front of the crowd and getting them involved."

Naquin said Hayden is the best gymnast he has coached.

"Maria is certainly the best I've ever had," said Naquin, who has coached some incred-

ible athletes during his time at Herndon and, prior to that, at South Lakes. "She blocks out the pressure and is extremely competitive."

Hayden has put together all-around scores of 9.8 and 9.9 this season and scored a 10 in a meet last year. Like Sullivan, she loves being a part of the Herndon team.

"It's so much fun at Herndon," Hayden said. "It's so light spirited, but we also work so hard."

UNFORTUNATELY, Hayden injured her shoulder during a recent club meet. Naquin and her teammates hope Hayden will be available to compete at the upcoming district championships, set to take place next Thursday, Feb. 5, at Centreville High School. The region championships are the following week, Feb. 12, at Lake Braddock High and states are set for Feb. 20-21.

"She'll have time to heal and rest," Naquin said of Hayden. "She finds it hard to sit still."

"We really need her if we're going to move on," Sullivan said of getting Hayden back for the postseason.

After Sullivan and Hayden, Herndon's next best gymnasts this season have been sophomore Qadera Malveaux and freshman Haley Wynne.

"They've both contributed to us scoring wise," Naquin said of the two underclassmen. "Qadera has improved dramatically since last year. She has picked up good scores as the year has gone on."

Naquin loves what he has in this year's squad.

"We have a close-knit team," he said. "The attitude is to have fun and be competitive."

Herndon is scheduled to host a four-team meet on Thursday, Jan. 29. The visiting teams will be Concorde District rivals Chantilly, Fairfax and Oakton. The meet will be a final tune-up for next week's districts.

SPORTS ROUNDUPS

The Fairfax County **Football Hall of Fame** will hold its 18th Annual Banquet Sunday, March 1, at the McLean Hilton Hotel, 7920 Jones Branch Drive, McLean, located near the Tysons II Mall. Festivities will begin with a social gathering at 2:30 p.m. and dinner at 4 p.m. An awards ceremony will follow, honoring local youth and high-school players, coaches, officials and cheerleaders, along with other guests and the new Hall of Fame inductees. For general information, call Mark Meana at 703-281-0153 or go to

Santrak@aol.com.

For ticket information, contact Betty Powell at bpowe1@AOL.com or 703-273-3216.

This year's Class of 2009 Hall of Fame Inductees includes Eddie Royal, former Westfield High and Virginia Tech star, and current member of the Denver Broncos; Mike Skinner, former Marshall and Centreville High football coach; and John Schaffstall of the Braddock Road Youth Club.

The following high-school football individuals will be among

those recognized at the awards banquet Mike Olsen of Stone Bridge High (Liberty District Player of the Year); Jack Tyler of Oakton High (Concorde District Player of the Year); Jovan Smith of Flint Hill (Private School Player of the Year); Mickey Thompson of Stone Bridge High (Division 5 Coach of the Year); and Joe Thompson of Oakton (Division VI Coach of the Year).

The following will be among those recognized as "Youth Football Players of the Year": Ashton Nyanteh (75-pound American Di-

vision) of McLean Youth Incorporated; Donny Sanders (85 National) of McLean Youth; Patrick McMahon (110 American) of Vienna Youth Incorporated; and Kyle Savage (125 Central) of Reston Youth Football.

Youth Football Coaches of the Year will include Brian Monticue (Central Division) of Vienna Youth; and Doug Kleinsmith (National Division) of Dulles South Youth Sports. Youth Cheerleaders of the Year will include Kyannah Calhoun (Herndon Optimist Club) and Kaylyn Macaluso (Reston

Youth Football).

In **high-school swimming** action last week, the Oakton boys defeated Westfield, 190-122. Oakton's Michael Hallock won both the 200 and 50 free races.

Other first-place finishers for the Cougars were Ryan Santoro (100 free); Chris Megaw (100 back); Tommy Cook (100 breast); the 200 free relay team of KJ Park, Kevin Cho, Brad Phillips and Michael Hallock; and the 400 free relay team of KJ Park, Kevin Cho, Ryan Santoro and Brad Phillips.

CRIME

The Herndon Police Department reported the following activities through Jan. 18.

ASSAULT

800 Block Fall Place. A 42-year-old female of Herndon was arrested for Assault, Jan. 12
400 Block Madison St. The victim reported being intimidated by an acquaintance, Jan. 17.
1000 Block Elden St. The victim reported being assaulted by an acquaintance, Jan. 12.
1000 Block Elden St. The victim reported being assaulted by an acquaintance, Jan. 17.

LARCENY

600 Block Wood St. Two vehicles were entered and miscellaneous items were stolen between Jan. 11-12.
600 Block Spring St. A vehicle was entered and miscellaneous items were stolen between Jan. 11-12.
2100 Block Wilkes Court. A vehicle was broken into and a Blackberry was stolen, Jan. 17.
500 Block Elden St. The subject drove off without paying for gas, Jan. 12.

DRUNK IN PUBLIC ARREST

500 Block Early Fall Court. Two 24-year-old males and a 53-year-old male, all of Herndon, were arrested for Drunk in Public. A 35-year-old male of Herndon was also arrested for Drunk in Public, Destruction of Property, Providing False Information to Law Enforcement and an outstanding warrant out of Fairfax County, Jan. 17.
1000 Block Herndon Parkway. A 28-year-old male and 24-year-old male, both of Herndon, were arrested for Drunk in Public, Jan. 12.
1100 Block Herndon Parkway. A 23-year-old Herndon male was arrested for Drunk in Public, Jan. 12.
1200 Block Elden St. A 24-year-old Herndon male was arrested for Drunk in Public, Jan. 14.
600 Block Center St. A 21-year-old male of Riverdale, MD was arrested for Drunk in Public, Jan. 12.
500 Block Florida Ave. A 45-year-old Herndon female was arrested for Drunk in Public, Jan. 18.

DESTRUCTION OF PROPERTY

800 Block Fall Place. Graffiti was found in the area, Jan. 13.
12000 Block Worldgate Drive. Graffiti was found in the area, Jan. 12.

HEALTH NOTES

Send announcements to the Connection, to reston/herndon@connectionnewspapers.com or call 703-917-6449. Deadline is Thursday.

Donate blood Saturday, Feb. 7, 8 a.m.-2 p.m. at the Herndon Masonic Lodge No. 264, 820 Elden St., Herndon. The Inova Blood Donor Services Bloodmobile will be parked on the street near the front entrance. Call 703-579-2884 or e-mail BloodDrive264@aol.com to make an appointment. Everyone who completes the donor screening process will receive a T-shirt courtesy of Inova Blood Donor Services and will be eligible for door prizes including gift certificates from Luciano's.

TOPS Club Inc. (Take Off Pounds Sensibly), a nonprofit weight loss support group, meets every Tuesday at St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Weigh-ins begin at 6 p.m., with meetings at 6:30 p.m. Visit www.tops.org.

Mothers of Toddlers Support Group meets the first Thursday of each month, 10 a.m., in the community room at the Reston YMCA, 12196 Sunset Hills Road. Call 703-689-9240.

Peer support group for survivors of clergy abuse and others affected by the abuse, on the last Wednesday of every month, at 7 p.m., in the downstairs meeting room at the Dolley Madison Library, 1244 Oak Ridge Road, McLean. Meetings are sponsored by Voice of the Faithful-Northern Virginia affiliate. Contact Ellen Radday at 703-538-6128.

New Mothers Support Group meets the first and third Tuesdays of each month, at 10-11:30 a.m., in the community room at the Reston YMCA, 12196 Sunset Hills Road, Reston. Call 703-689-9240.

EMPLOYMENT

ZONE I: • RESTON
• HERNDON • LOUDOUN

703-917-6464

ZONE I AD DEADLINE:
TUESDAY 4 P.M.

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPPORTUNITY

Keedo Children's Boutique in Alexandria for sale. Interested individuals please call: **703-768-9100**

VETERINARY ASSISTANT

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



Need an Extra \$500 - \$1000 per mo. to pay Bills ??

Call Sue @ **703-451-5864**

Email: avonsatosell@yahoo.com
www.youravon.com/sanderson5864

KENNEL HELP

FT/PT. Flexible hours, Mon - Sat. Must be animal lover. Dependable. Exp. pref'd but will train. Call Missy @ **703-435-8777**

CHILDCARE PROVIDER

Experienced special needs childcare provider needed for child with MR and behavioral issues. Hours are 3-6PM Mon-Fri. Location: Great Falls. Salary based on exp. Please contact **Angela Kail 703-757-4470**

EARN PAID TIME OFF!

CNA's/Companions/Live - Ins

Needed immediately to help with daily meals, errands, chores, laundry, etc. Flexible schedules - work when you want. Paid training, double time for holidays. PT/FT. Call now **703-766-4019**.

AUTO REPAIR GENERAL SERVICE

Min 2 years exp, Reston location. Competitive pay and benefits. Call Keith at **703-620-6595**

CARPET CLEANERS

25 openings, take home \$1000-\$1500 weekly, plus a \$500 sign on bonus after 1st 90 days. No experience necessary, we train. Must have own vehicle. Apply in person 7165 Oakland Mills Rd., Suite KLM Columbia, MD 21045 off Snowden River Pkwy. Apply today start tomorrow.

ECONOMY, DOWNSIZING GOT YOU WORRIED? GOT A PLAN B?

- Billion \$ publicly traded company
- Record sales 13 months in a row
- Just intro exclusive anti-aging break through
- In 48 countries yet still ground floor opportunity
- PT/FT, Learn more, call **571-248-8632**

Bookkeeper/Admin

Needed for busy growing Great Falls company. Quickbooks experience a must. 25 hours per week. Salary based on experience. Contact epcsolutions@703-757-4470.

FT/PT TEACHERS & ASSISTANTS

A non-profit childcare in Herndon, VA is looking for **Teachers & Assistants**. We offer competitive salaries, & great benefits. Please call **703-713-3983/84**; Fax resume: **703-793-2298** or email: Sangle@va-childcare.com

Internships Available

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. Call John Lovaas, 703-917-6405 or email internship@connectionnewspapers.com



SECRETARY

Small Fairfax City law firm seeking a Secretary with excellent word processing, organizational and communication skills. Training possible. English/Spanish fluency a plus. Email resume & salary requirements to nagsntops36@yahoo.com

AIR DUCT CLEANERS

20 openings take home \$1500-\$2000 weekly plus a \$500 sign on bonus after 1st 90 days. No experience necessary, we train. Must have own truck or van. Apply in person, 7165 Oakland Mills Rd., Suite KLM Columbia, MD 21045 off Snowden River Pkwy. Apply today start tomorrow.

2009 EXPANSION \$17.00 Base-Appt.

Immediate Openings. Ideal for students/others. Customer Sales/Svc. Flex Schedules. All ages 18+. Conditions apply. Call **703-359-7600**

CNA'S/COMPANIONS

Become a Joy in a Senior's Life Immediate Positions Available

- Weekly Pay
- Vacation Pay
- Merit Increases
- Over time Pay
- Need Own Car

Call for interview

Old Dominion Home Care

10366-C Democracy Lane, Fairfax, VA 22030
703-273-0424

Northern Virginia Community College

Northern Virginia Community College (NOVA) is Virginia's largest institution of higher education and one of America's largest community colleges. We are currently seeking qualified candidates for the following:

Program Developer (Position FA069)
Workforce Development & Continuing Education, Woodbridge Campus. Full-time, 12 month position; Starting salary range \$61,478-\$88,025 + benefits

This position will serve as program developer for customized contract training and the development of new non-credit instructional certificate programs to be offered through contract training and open enrollment. Position will work with both Woodbridge and Manassas campuses to meet workforce development needs of employers throughout Prince William County and the surrounding areas. Must have Master's degree in business, human resources, education, training, development, adult education or related. Knowledge of adult learning principles, workforce development and general business practices, excellent communication and presentation skills, ability to design curriculum, computer proficiency, and marketing & sales skills required.

Counselor (Position FA292)
Student Services, Woodbridge Campus. Full-time, 12 month faculty position; Starting salary range: \$60,161-\$64,069 + benefits

Position will provide general academic and career counseling to current and prospective students, including program and course selection, transfer planning, new student orientation, high school outreach and career planning. Master's degree in counseling or related with a minimum of 18 graduate semester hours in counseling required. Experience counseling at college/university level and with program development desired. Fluency in Spanish a plus. Some evening and weekend hours required.

For more information about Northern Virginia Community College and to apply, visit our website at www.nvcc.edu and choose the link for "Jobs at NOVA." Positions will remain open until filled.

NOVA Northern Virginia Community College

The Virginia Community College System is an Equal Opportunity/Affirmative Action Employer and actively seeks applications from women and minority candidates.

www.nvcc.edu

OFFICE HELP - MCLEAN

Family run business looking for special person to add to small office staff. Computer, accounting, people and phone skills required. Honest and dependable. Must have own transportation. Serious inquiries only. Fax resume: **703-893-2038**, Email: carpetyard@aol.com

HVAC TECHS/HELPERS

20 openings. National company expanding to Baltimore and Virginia. Techs take home \$1500-\$2500 weekly. Helpers take home \$1000-\$1500 weekly. Light residential work. Must do some cleaning with service. Company will pay a \$500 sign on bonus after 1st 90 days for 1st 20 applicants. Must have own truck or van. Apply in person 7165 Oakland Mills Rd., Suite KLM Columbia, MD 21045 off Snowden River Pkwy. Apply today start tomorrow.



Satcom Engineer - Chantilly, VA

Seeking individual with 3+ yrs satellite communications exp. to support the SEIT team on the Enhanced Polar System (EPS) contract for the Space & Missiles Systems Center (SMC). The position will support the Mission Control and Payload Integrated Product Teams (IPTs). US citizenship and an active DoD TS clearance required. Please go to linquest.com, apply on line, noting requisition #542 in your e-mail cover letter. EOE

Buy Low, Drive High



By KENNETH B. LOURIE

I did something with my wife, Dina, the other day that I haven't done in a very long time. I filled up her car with gasoline for under \$25, and that's with the reserve fuel light on! Meaning her car wasn't merely low on gas, it was be-low, with very few miles to spare before low was empty and the side of the road was in our sites. A sight that, due to the reduction in the price of a gallon of gasoline (regular was \$1.79 at my local service station this morning), I won't be seeing anytime soon since I can afford to buy before the fuel light illuminates.

However, if I am to stop — and then write — outside my own selfish joy, I suppose I must be concerned about why the price of gasoline is so low; concerned that business is so challenged, shall we say, nation and worldwide; worried that unemployment is increasing, nation and worldwide; and understanding that the declining consumption of fossil fuels are all less than encouraging signs. Signs that the economic bottom has still not been reached and that consumers can't even tolerate the current price (presuming of course, that if the oil companies could charge more and still sell more, they would). I guess, if I understand correctly, if I was paying more, it would be because consumers/businesses are consuming more (and presumably can afford to pay more) and consuming more means the economy is growing and the price would likely increase to reflect the increasing demand (Capitalism at work). And increased demand is a good thing, right?

The cumulative effect for me though, at this moment in time, seems to be new-found money. Money that is now available after gassing and heating up that only a few short months ago was not available. This change gives me more money to spend, but not money to spend on necessities, rather money to spend on "discretionaries." And the more money consumers have to spend on "discretionaries," the more money is spread around and it's that spreading around that makes the world go 'round (at least in my house).

Still, I can't hide my glee at the notion of cheap — relatively and comparatively — gasoline even though intellectually I have come to understand that if "things" weren't so bad economically-speaking, gasoline and to a lesser financial degree, home heating oil, wouldn't have to be so low in order to find buyers for the oil from which these products are refined.

Nevertheless, as bad as those "things" are, I can't imagine how much worse it would be for consumers if the price of gasoline and/or home heating oil were to return anywhere near their '08 peak. But I suppose that couldn't happen unless there were actual buyers increasing their demand which, with a slowing, maybe even contracting world economy, there simply doesn't appear to be. As such, since many consumers/businesses can't afford the price of gasoline/home heating oil at its present level, it seems unlikely to rise appreciably so I suppose I can keep smiling, especially so if I still have a job.

However, if something dramatic were to happen to the supply, then that would be another story, literally, and probably another column or two as well.

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

HOME & GARDEN

703-917-6400

ZONE I: • RESTON
• HERNDON • LOUDOUN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

ZONE I Ad DEADLINE:
MONDAY NOON

<p>ELECTRICAL</p> <p>ATS, INC. ELECTRICAL CONTRACTOR RESIDENTIAL • COMMERCIAL Licensed & Insured</p> <p>Attic Fans Ceiling & Exhaust Fans Kitchen Fans Appliance Connections Electric Heaters Panel Changes Saunas • Jacuzzis</p> <p>Basements Kitchens & Baths Phone/Cabling Wiring Outside Security Lighting Computer Wiring & Cabling Troubleshooting Additions/Remodeling</p> <p>5% OFF over \$200 (mention this ad)</p> <p>SAME DAY SERVICE AVAILABLE • 24 HR. EMERGENCY SERVICE (703) 560-1480 • www.atsincelectrical.com</p>	<p>ELECTRICAL</p> <p>ATS, INC. ELECTRICAL CONTRACTOR RESIDENTIAL • COMMERCIAL Licensed & Insured</p> <p>Attic Fans Ceiling & Exhaust Fans Kitchen Fans Appliance Connections Electric Heaters Panel Changes Saunas • Jacuzzis</p> <p>Basements Kitchens & Baths Phone/Cabling Wiring Outside Security Lighting Computer Wiring & Cabling Troubleshooting Additions/Remodeling</p> <p>5% OFF over \$200 (mention this ad)</p> <p>SAME DAY SERVICE AVAILABLE • 24 HR. EMERGENCY SERVICE (703) 560-1480 • www.atsincelectrical.com</p>	<p>CLEANING</p> <p>A CLEANING SERVICE Since 1985/Ins & Bonded Quality Service at a Fair Price Satisfaction Guaranteed Comm/Res. MD VA DC acleansingserviceinc.com 703-892-8648</p>	<p>CLEANING</p> <p>ENGLISH-SPEAKING ONE-WOMAN HOUSECLEANING. 14 Years Experience. Honest, reliable, loves animals. Reasonable rates. 703-855-3302</p>	<p>CLEANING</p> <p>HOUSE CLEANING SERVICE Exc. Refs., Have Own Supplies (optional), Flexible Hours 703-433-2023</p>	<p>LANDSCAPING</p> <p>A&S LANDSCAPING Planting • Mulching • Sodding Patios • Decks • Retaining Walls Fall Clean-Up • Drainage Solutions 703-863-7465</p>
<p>GUTTER</p> <p>Metro Gutter Clean/Install/Repair</p> <ul style="list-style-type: none"> • Wood Replace & Wrapping • Pressure Washing • Chimney Sweeping & Repair <p>20 YEARS EXP. 703-354-4333 metrogutter.com</p>	<p>GUTTER</p> <p>Metro Gutter Clean/Install/Repair</p> <ul style="list-style-type: none"> • Wood Replace & Wrapping • Pressure Washing • Chimney Sweeping & Repair <p>20 YEARS EXP. 703-354-4333 metrogutter.com</p>	<p>IMPROVEMENTS</p> <p>HOME REMODELING KITCHENS, BATHS, TILE, TRIM, INT. ALTERATIONS, all HOME REPAIRS!</p> <p><i>Steve's Remodeling</i> LIC. • INS. BONDED Call Steve Paris OWNER OPERATED (703) 830-5681 - 703-932-0270 30 YEARS EXPERIENCE • FREE ESTIMATES</p>	<p>IMPROVEMENTS</p> <p>HOME REMODELING KITCHENS, BATHS, TILE, TRIM, INT. ALTERATIONS, all HOME REPAIRS!</p> <p><i>Steve's Remodeling</i> LIC. • INS. BONDED Call Steve Paris OWNER OPERATED (703) 830-5681 - 703-932-0270 30 YEARS EXPERIENCE • FREE ESTIMATES</p>	<p>CLEANING</p> <p>***** HOUSECLEANING 20 yrs Experience Great rates Excellent refs</p> <p>Theresa 703-980-3113</p>	<p>LANDSCAPING</p> <p>ANGEL'S TREE & HEAVY TRASH HAULING •Mulch •Clean-up Grounds •Leaf Removal 703-863-1086 New#- 571-312-7227</p>
<p>HANDYMAN</p> <p>Hand and Hand Handyman</p> <p>General Remodeling Residential & Commercial Specializing in: Kitchen/Bathroom/Basement Remodeling Plumbing • Electrical • Custom Carpentry Doors Windows • Hardwood Floors Crown Molding • House Cleaning Interior/Exterior Painting • Brick/Stone Work Ceramic Tile • Decks, Fences, Patios HOA Maintenance, Granite Counter Tops Realtors Work and Much More</p> <p>Licensed and Insured Serving Northern Virginia 703-296-6409</p>	<p>HANDYMAN</p> <p>Hand and Hand Handyman</p> <p>General Remodeling Residential & Commercial Specializing in: Kitchen/Bathroom/Basement Remodeling Plumbing • Electrical • Custom Carpentry Doors Windows • Hardwood Floors Crown Molding • House Cleaning Interior/Exterior Painting • Brick/Stone Work Ceramic Tile • Decks, Fences, Patios HOA Maintenance, Granite Counter Tops Realtors Work and Much More</p> <p>Licensed and Insured Serving Northern Virginia 703-296-6409</p>	<p>IMPROVEMENTS</p> <p>STRONG PACE CONSTRUCTION 15 Yrs Class A VA Lic.</p> <ul style="list-style-type: none"> • Additions • Kitchens • Basements • Comm Offices • Decks • Painting • Drywall • Windows & Wood Repairs <p>703-644-5206 • 703-750-0749</p>	<p>IMPROVEMENTS</p> <p>STRONG PACE CONSTRUCTION 15 Yrs Class A VA Lic.</p> <ul style="list-style-type: none"> • Additions • Kitchens • Basements • Comm Offices • Decks • Painting • Drywall • Windows & Wood Repairs <p>703-644-5206 • 703-750-0749</p>	<p>GUTTER</p> <p>PINNACLE SERVICES • GUTTER CLEANING • SMALL REPAIRS • SCREENING • POWER WASHING 703-802-0483 GROUP RATES AVAILABLE FREE EST</p>	<p>PAINTING</p> <p>PATRIOT PAINTING www.PatriotPainting.net</p> <p>Deep Winter Discounts Free Est. • Satisfaction Guar! Lic./Ins. Int./Ext. 703-502-7840 Cell 571-283-4883</p>
<p>IMPROVEMENTS</p> <p>R.N. CONTRACTORS, INC.</p> <p>Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting</p> <p>We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates Phone: 703-887-3827 Fax: 703-803-3849 E-mail: rncontractorsinc@yahoo.com</p>	<p>IMPROVEMENTS</p> <p>R.N. CONTRACTORS, INC.</p> <p>Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting</p> <p>We Accept All Major Credit Cards Licensed, Insured, Bonded • Free Estimates Phone: 703-887-3827 Fax: 703-803-3849 E-mail: rncontractorsinc@yahoo.com</p>	<p>LAWN SERVICE</p> <p>J.E.S Services LANDSCAPE & CONSTRUCTION</p> <ul style="list-style-type: none"> • Patios • Walkways • Retaining Walls • Drainage Problems • Landscape Makeovers <p>Call: 703-912-6886 Free Estimates</p>	<p>LAWN SERVICE</p> <p>J.E.S Services LANDSCAPE & CONSTRUCTION</p> <ul style="list-style-type: none"> • Patios • Walkways • Retaining Walls • Drainage Problems • Landscape Makeovers <p>Call: 703-912-6886 Free Estimates</p>	<p>HAULING</p> <p>ANGEL'S TRASH HAULING Construction Debris, Residential, Office & Tree Removal 703-863-1086 New#- 571-312-7227</p>	<p>ROOFING</p> <p>ANGEL'S TREE & HEAVY TRASH HAULING •Mulch •Clean-up Grounds •Leaf Removal 703-863-1086 New#- 571-312-7227</p>
<p>IMPROVEMENTS</p> <p>A&S Construction</p> <ul style="list-style-type: none"> • Basement Finishing • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <p>703-863-7465 LICENSED</p>	<p>IMPROVEMENTS</p> <p>A&S Construction</p> <ul style="list-style-type: none"> • Basement Finishing • Retaining Walls • Patios • Decks • Porches (incl. screened) • Erosion & Grading Solutions • French Drains • Sump Pumps • Driveway Asphalt Sealing <p>703-863-7465 LICENSED</p>	<p>PAINTING</p> <p>FALL SPECIAL 10% to 20% OFF All Services</p> <p>Nuance Painting Inc. Family Owned and Operated Serving Northern Virginia for Over a Decade Winner of American Painting Contractors Residential Top Job Award Residential and Commercial Services • Interior and Exterior Painting • Faux Finishing • Drywall Hanging, Finishing and Repairs • Interior Moldings Crown-Chair Rail-Shadow Boxing • Exterior Trim Repair/Replacement • Decks cleaned and Sealed • General Contractor Services • For Evaluation and Consultation Call 703-437-3037 Licensed Insured On the web at www.nuancepainting.com We Accept</p>	<p>PAINTING</p> <p>FALL SPECIAL 10% to 20% OFF All Services</p> <p>Nuance Painting Inc. Family Owned and Operated Serving Northern Virginia for Over a Decade Winner of American Painting Contractors Residential Top Job Award Residential and Commercial Services • Interior and Exterior Painting • Faux Finishing • Drywall Hanging, Finishing and Repairs • Interior Moldings Crown-Chair Rail-Shadow Boxing • Exterior Trim Repair/Replacement • Decks cleaned and Sealed • General Contractor Services • For Evaluation and Consultation Call 703-437-3037 Licensed Insured On the web at www.nuancepainting.com We Accept</p>	<p>IMPROVEMENTS</p> <p>The HANDYMAN A DIVISION OF NURSE CONSTRUCTION</p> <p>HOME INSPECTION LIST REPAIRS, CERAMIC TILE, PAINTING, DRYWALL, CARPENTRY, CUSTOM WOOD REPAIR, LT. PLUMBING & ELECTRICAL, POWER WASHING</p> <p>Since 1964 We Accept VISA/MC 703-441-8811</p>	<p>ROOFING</p> <p>Do what you can, with what you have, where you are. -Theodore Roosevelt</p>
<p>ROOFING</p> <p>CALIBER ROOFING</p> <ul style="list-style-type: none"> • Cedar Shakes • Shingles • Repairs • Reroofs • Flat Roofs <p>Licensed & Bonded 703-968-9871</p>	<p>ROOFING</p> <p>CALIBER ROOFING</p> <ul style="list-style-type: none"> • Cedar Shakes • Shingles • Repairs • Reroofs • Flat Roofs <p>Licensed & Bonded 703-968-9871</p>	<p>PAINTING</p> <p>St. Joseph's Roofing, Inc.</p> <p>"For the discerning homeowner set on getting their roof right!" 10% OFF tree removal service Licensed, Bonded, Insured • Class A #020751A FREE Estimates! 703-716-7663 100's of local references at WWW.SJROOF.COM</p>	<p>PAINTING</p> <p>St. Joseph's Roofing, Inc.</p> <p>"For the discerning homeowner set on getting their roof right!" 10% OFF tree removal service Licensed, Bonded, Insured • Class A #020751A FREE Estimates! 703-716-7663 100's of local references at WWW.SJROOF.COM</p>	<p>ROOFING</p> <p>CALIBER ROOFING</p> <ul style="list-style-type: none"> • Cedar Shakes • Shingles • Repairs • Reroofs • Flat Roofs <p>Licensed & Bonded 703-968-9871</p>	<p>ROOFING</p> <p>CALIBER ROOFING</p> <ul style="list-style-type: none"> • Cedar Shakes • Shingles • Repairs • Reroofs • Flat Roofs <p>Licensed & Bonded 703-968-9871</p>

ZONE I: • RESTON
• HERNDON • LOUDOUN

CLASSIFIED

703-917-6400

ZONE I Ad DEADLINE:
MONDAY NOON

21 Announcements 21 Announcements

TRUSTEE'S SALE

OF VALUABLE

IMPROVED REAL ESTATE

Improved by the premises known as

13430 Elevation Lane, Herndon, Virginia

In execution of a Deed of Trust from Joel C. Amundsen and Sarah E. Amundsen, dated July 21, 2005, and recorded July 22, 2005, in Deed Book 17544 at page 6 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Tuesday, February 10, 2009 at 11:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 140, Section 10E, Franklin Farm, as the same appears duly dedicated, platted and recorded in Deed Book 5822 at page 1686, among the Land Records of Fairfax County, Virginia.

Commonly known as 13430 Elevation Lane, Herndon, Virginia 20171.

TERMS OF SALE: A deposit of \$35,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 5.875 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

The undersigned trustee unconditionally reserves the right: (i) to waive the deposit requirement; (ii) to approve or disapprove the creditworthiness of any bidder and/or purchaser; (iii) to withdraw the property from sale at any time prior to termination of the bidding; (iv) to extend the time for bidding; (v) to reject any or all bids; (vi) to postpone or set over the date or time of sale; and (vii) to extend the period of time for settlement hereunder.

Additional terms and conditions of sale may be announced at the time of sale.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

115 Childcare Wanted

Nanny for young children in Cascades home. M-F daytime hours. Start immediately. Must be legal resident. Se habla Espanol. 571-437-8762

101 Computers

HDI
EASY COMPUTER SOLUTIONS
FOR INDIVIDUALS
& SMALL BUSINESSES
JENNIFER O. SMITH
COMPUTER CONSULTANT

➤ TRAINING

➤ INSTALLATION

➤ TROUBLE-

SHOOTING

➤ LET US TAME THAT
BEAST FOR YOU

Serving Area Since 1995

(703) 765-2222
JSMITHHDI@aol.com

26 Antiques

We consign/pay top \$ for antique/semi antique furn. including mid century & danish modern Teak furniture, sterling, mens watches, painting/art glass, clocks, jewelry, costume jewelry, etc. Call Schefer Antiques @ 703-241-0790.

4 RE for Sale

INVESTOR SPECIAL!
Thousands below market value
703-439-7144

5 Open House

OPEN HOUSE
Fairway Apartments

Feb. 7 & 8....12-4pm
Ask for V-day special!
www.fairwayapartments
reston.com

21 Announcements 21 Announcements

Designated
"Qualified in Submarines"
JOIN



Call: Submarine Veterans
Northern Virginia Base

Steve Jaeger
703-696-5354

Treasurer@USSVINOVA.org

Now! Complete Print Editions Online!

The full print editions of all 18 Connection Newspapers are now available on our Web Site in PDF format, page by page, identical to our weekly newsprint editions, including print advertising. Go to www.ConnectionNewspapers.com and click on "Print Editions."



116 Childcare Avail. 116 Childcare Avail. 116 Childcare Avail.



A Sensible Child Care Solution

- US Govt. Designated Program with 20 Years of Experience
- Large Online Selection of Carefully Screened Au Pairs
- Lowest Average Weekly Cost. All Inclusive!
- Local Support Throughout the Year
- Culturally Enriching Family Experience

www.eurapair.com
800-618-2002

eurAuPair
Intercultural Child Care Programs

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

101 WAYS TO HAVE FUN

FROM PAGE 9

The Council for the Arts of Herndon, the Town of Herndon's local arts agency, presents an annual art festival as well as ongoing programs and opportunities for those interested in the arts. The council is also working with the Smithsonian Associates to put on a summer series in Herndon which includes educational programs starting in July and running through August. Programs include singing, painting, and arts and crafts. For more information about art in the Herndon area call 703-689-9535.

Gallery and Classroom

ArtSpace Herndon
750 Center St., Herndon

Opened in 2008 as a temporary solution until a larger gallery is built in downtown Herndon, ArtSpace Herndon made an impression in the community with its initial offerings to Herndon's residents and visitors. Judging and helping sponsor artistic competitions in the Town, including Paint Herndon, and then displaying the work of art created in the competitions are not the only services the creative space offers to the Town residents and visitors. ArtSpace Herndon also features classroom space for artistic programs and education to satisfy those new to the arts, as well as the experts living among us. The regular hours are Tuesday through Saturday, 10 a.m. to 2 p.m., and Sundays from 1 to 3 p.m. For more information visit www.artspaceherndon.com.

Painting the Town ...

Jo Ann Rose Art Gallery
Reston Community Center
2310 Colts Neck Road, Reston

Reston prides itself on a commitment to the arts and there is no better way to see that pride than by checking out the place where Reston artists hang their work. Home to the League of Reston Artists, the Jo Ann Rose Art Gallery has frequent shows and openings that cover all of the basic mediums including painting, photography, sculpture and more.

Visit www.leagueofrestonartists.org.

Exposing Art to Reston and Reston to Art Greater Reston Arts Center (GRACE) Gallery Reston Town Center, 12001 Market St., Suite 103

The Greater Reston Arts Center, producers of the Northern Virginia Fine Arts Festival, is a meeting place for area artists, from local schools' students to the community's professional artist community. The gallery

holds annual juried shows, solo exhibits and more. It often collaborates on projects with artists of national and international stature, but it also displays many works by Reston's own artistic community. In December of 2008, GRACE was chosen as the site to unveil Reston's Public Art Master Plan, the first such plan for an unincorporated community in the United States. Visit www.restonarts.org for more.

PEOPLE WATCHING

Place To People Watch, I

W&OD Trail/Herndon Town Green — Herndon

Above the maddening crowds — at least during concerts on the town green over the summer — people watch from the side of the W&OD trail as it rises up to cross above Center Street and runs adjacent to the Town Green and next to the community favored caboose.

Place To People Watch, II

Worldgate Center, Centreville Road and Worldgate Drive, Herndon

Do you hate all of the following: movies, eating out, having a drink with friends and staying fit? Didn't think so, and you are not the only one to take pleasure in at least one of the above-mentioned activities. The Worldgate Center at the corner of Centreville Road and Worldgate Drive offers all of these possibilities and attracts thousands of people throughout the day, from office workers and hotel guests in the day hours and Herndon residents and hotel patrons in the evening and night hours.

People Watching & Percolators

The Lake Anne Coffee House
Lake Anne Village Center, Reston

Want to know what is happening in Reston, or who is responsible for it all, visit a favorite Reston destination. The Lake Anne Coffee House, situated on the historic Washington Plaza, is quite possibly the best spot for people watching in Reston. Situated on Lake Anne with plenty of indoor and outdoor seating, kick back with a sandwich, coffee or Java-based drink and watch the locals stroll by. It is not only a favorite hangout for many of Reston's first residents, but also a favorite hangout for many of Reston's young residents, especially the ones who grew up in the area. For more information call 703-481-9766.

All In One Place

Reston Town Center

Take a seat at the outdoor plaza on Fountain Square, next to the large fountain sporting the statue of Mercury, and see people from all walks of life walk right by you. If you do not feel like sitting, a stroll through Reston Town Center any time of year and any time of day or night, will result in seeing hundreds of people ice skating, wining, dining, walking their dogs, playing in the parks or taking a break from the busyness of everyday business.

Store Closing Sale
15-75% OFF



Final Days
Everything Must Go!

Fixtures/Cages/Supplies/Fish

Kmart Centre
404 Elden St. Herndon, VA 20170
703-435-5541

Monday - Saturday 10-8PM; Sunday 12-6PM