

Herndon resident Samantha Green, practices a competitive figure skating move at the Reston Town Center Ice Skating Pavilion last Friday.



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WEEK IN RESTON

Learning to Live With Coyotes

Want to know more about coyotes and how they may impact Reston? Spend an evening learning about coyotes in the Washington, D.C. area with Shannon Pederson of the Wildlife Society. Pederson has studied coyotes and written about living with coyotes in the metropolitan area.

Get all your questions answered by an expert on Friday, Feb. 4, 7-8 p.m. at the Walker Nature Education Center, 11450 Glade Drive.

Reserve by Feb. 2. Call 703-476-9689 or e-mail naturecenter@reston.org. The cost is \$5 a person for Reston Association members and \$8 a person for non-members.

Last Call for RA Board Candidates

This is the last week to file to run for one of the open seats on the Reston Association Board of Directors.

The deadline to file is Friday, Feb. 4, by 5 p.m. The election is open to members of the Reston Association. If you are interested, you must fill out a state and a petition of candidacy and submit it to Cate Fulkerson, cate@reston.org. Information: call 703-435-6512.

There are two open seats. One is for the Hunters Woods/Dogwood District and the other is for an at large seat on the nine member board of directors, who serve three year terms.

Winterport Wins Neighborhood of the Year

The residents of Winterport Cluster decided that 2010 would be the year to stamp out some unfriendly plants and in doing so, they restored a wildlife habitat. Their efforts earned the cluster the award for the 2010 Neighborhood of the Year Award from the Reston Association.

Each year, the board of the 133 homeowners' associations within Reston Association host a winter social and announce the winner of the awards program.

The Winterport Cluster took on the task of eradicating two of the banned invasive exotic plants that choke out native plants and destroy wildlife habitats and the native plants in areas of the neighborhood. So residents of Winterport recruited volunteers and worked with Reston Association staff to clear the property of the banned plants.

"In time, all the work will help restore the natural areas to a more healthy wildlife habitat and reduce maintenance costs for both the Association and RA," said Paul Thomas, Reston Association Vice President as he presented the award to Bob Kraus, president of Winterport Cluster.



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Reston Getting Smaller?

Survey suggests population has gone down in past five years.

BY ALEX McVEIGH
THE CONNECTION

Most groups planning for the future of Reston are concerned with making sure there are enough schools, roads and other infrastructure for what is projected to be a growing population. But according to the Department of Housing and Urban Development, Reston might have gotten smaller in the past decade.

The American Community Survey, a five-year population estimate for Reston for the years 2005-2009, estimated a population of 53,759, which is almost 3,000 fewer people than the 2000 census data, which was 56,407.

"I think a lot of people in Reston involved in planning issues have been working under the assumption that the population is higher than it actually is," said Steve Cerny of HUD. "We assumed maybe 62-63,000, so this information is very interesting."

Cerny said the census data, (2010 data should be available by late February) and the American Community Survey are "apples and oranges," since they use two different methods. The census is a head count, a snapshot of around April 1, 2010, while the ACS uses sampling methods to track one, three and five year averages over the period.

Cerny said the ACS data can often be more accurate than the census, since the census has been known to undercount poor and minority communities.

THIS POPULATION REDUCTION comes even though there have been approximately 2,000 new residential units built in Reston since 2000.

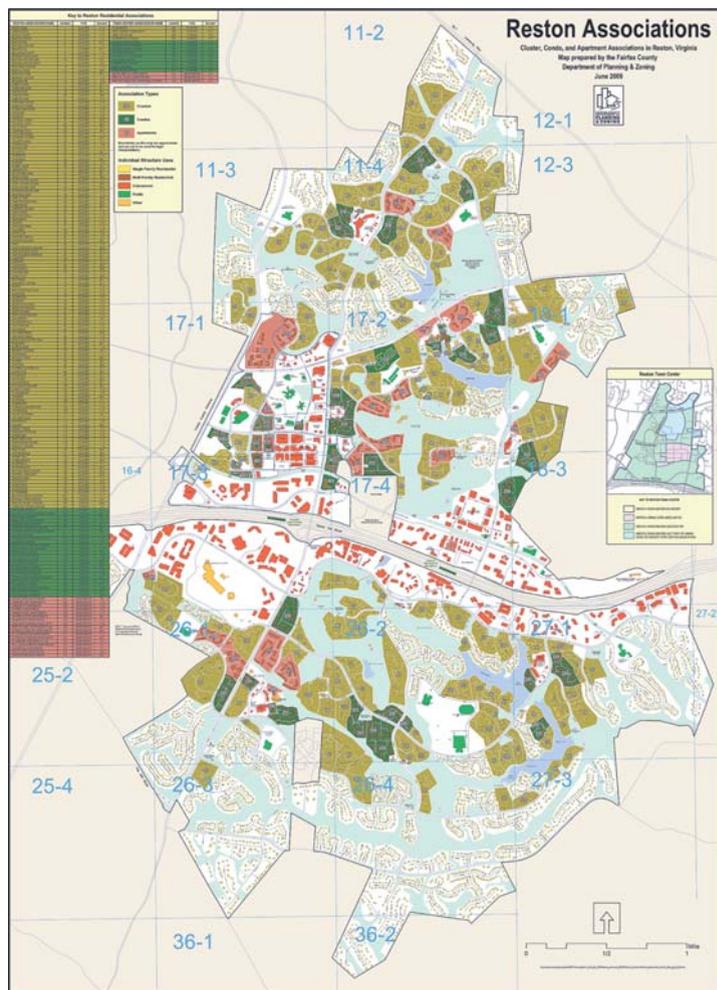
Terry Maynard, co-chair of the Reston 2020 committee of the Reston Citizens Association, said the results were a bit surprising, but there are some details that explain the results.

"We are an aging community The median age has increased by 2.4 years. The 25 percent increase in seniors of [approximately] 1,050 people was offset almost equally by a decline in the under-18 population," he said.

Cerny said that the explanation for smaller household sizes could be from a few different sources.

"It is probably in part due to senior citizens choosing to age in place and workforce and economic pressures leading to couples having fewer children," Cerny said. "Reston's median age is 38.6, while the nation's as a whole is 36.5."

Maynard also pointed to the shrinking household size in Reston (almost 7 percent since 2000) and the lower turnover rate (since 2000 those who have had the same house for five years has increased from 41



According to the Department of Housing and Urban Development, over the past five years the population of Reston has declined since the 2000 census.

"We are an aging community The median age has increased by 2.4 years."

— Terry Maynard, co-chair of the Reston 2020 committee

percent to 69 percent) as part of the reason for the lower population.

EVEN IF the shrinking population is validated by the 2010 census, planners for Reston do not believe it will affect the long-term development in Reston. Patty Nicoson, chair of the Reston Master Plan Special Study task force, said she believes the things like household size will remain smaller with the coming Metro development.

"With transit oriented development, there will be a lot of higher density apartments close to the station, which will naturally be smaller households," she said. "I don't think Reston will have quite the appeal for people working in Washington, D.C. that, say, Arlington has, but with Metro coming, it's always a possibility."

Maynard said if the census data does confirm the smaller population, some implications could be planning housing that better accommodates seniors, a higher turnover rate and that there may not need to be school growth that is proportional to population growth, but that "doesn't mean we won't need new schools."



PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Gus Gloe, Betty Sullivan, Nancy Dickson and Jamie Gloe prepare and serve food at the St. John Neumann hypothermia shelter Jan. 17.

Giving Shelter From the Cold

FACETS, St. John Neumann holds hypothermia shelter.

BY ALEX McVEIGH
THE CONNECTION

As the lowest temperatures of the year hit the area, FACETS and St. John Neumann Catholic Church worked together to help get some of the area's homeless into a warm place this week. This was St. John Neumann's week for the Hypothermia Program, which is coordinated with FACETS to allow homeless people to stay at various churches from November to March.

"We started this six years ago because there was a real need

to provide shelter for people who didn't have a place to go," said Amanda Andere, executive director of FACETS. "As we continued on, we moved to not only providing shelter, but one on one services to get people out of homelessness."

St. John Neumann's activity center opened at about 5:30 p.m. each night to start letting people in. FACETS vans also transport people from as far away as Fairfax.

"We have transportation that goes back and forth to pick up guests, and they can be dropped

SEE HELPING, PAGE 5



From left, Maddy, 13, Emma, 15 and Suzanne White help serve food at the St. John Neumann hypothermia shelter Jan. 17.



PHOTO BY SEAN BAHRAMI

The Reston Association Board of Directors has two seats that will be up for election in 2011.

Seats Up For Grabs

Reston Association to hold elections for two board spots.

BY ALEX MCVEIGH
THE CONNECTION

The Reston Association will be holding elections for two seats on the board of directors

next year, the Hunters Woods/Dogwood district seat and one at-large seat. All Reston Association members are eligible to run, including those who rent. There are 21,346 residential units that are members of the RA.

Candidates for the Hunters Woods/Dogwood district must live within that district, which is the southwest section of Reston. The at-large member can live anywhere.

Candidates must file for candidacy by Feb. 4, and they must complete a statement and a petition of candidacy. For their campaign statement, candidates must list their qualifications and their goals, with a maximum of 150 words each. The petition must be accompanied by signatures from at least 25 different households, said elections committee chair Ellen

Graves.

The board as a whole is responsible for determining long-range missions and goals, establish RA policies and procedures, hiring and monitoring the CEO, monitoring finances, approving the budget and setting the membership assessment, creating and updating long-range plans and approving association programs through the budget process.

The RA is a not-for-profit corporation, 501(c)4. Board directors are not expected to go out and raise money, like other not-for-profit boards are, but most boards

Election Dates

The following are important dates for the 2011 Reston Association Board of Directors Election.

- ❖ Feb. 4: Deadline for filing candidacy, 5 p.m.
- ❖ Feb. 10: Elections Committee briefing for candidates, 5 p.m.
- ❖ Feb. 26: Candidates forum at Reston Association Headquarters, 11 a.m.
- ❖ Feb. 28: Candidates forum at Reston Association Headquarters, 7 p.m.
- ❖ April 1: Deadline to return election ballots, internet voting closes, 5 p.m.

do not have to run an organization that hires at least 300 seasonal employees every summer, said Gate Fulkerson, director of administration and members services for the RA.

She said that in addition to their regular board meetings, directors are expected to serve and/or work with any of the committees of the RA.

“We’ve never had a board of directors that just sits back and always says yes,” Fulkerson said. “Board members come to meetings prepared to make decisions.”

She estimated that directors spend about 15 hours per month in various meetings, and an additional three to four hours per month preparing for meetings and interacting with RA members.

Committees include administration, fiscal, legal, planning and evaluation, and there are advisory committees for communications, Reston neighborhood, environmental, parks and planning, pedestrian and bicycling, seniors, tennis and transportation.

Fulkerson said that interested candidates have a lot to live up to, as the RA board is known for its dedication to the community.

“I think we have the most dedicated board of directors,” she said. “The amount of time and effort they give to the Reston Association is amazing.”

Last year 10 candidates ran for three board seats, with the North Point district race being decided by only two votes. The turnout last year was 18.5 percent.

More information, including the required documents for candidates, can be found at www.reston.org, under “Inside RA,” then “Governance,” then “Board Election.”



Julia Picchiottino’s award winning entry in Reston Lions Club 2010 Peace Poster Contest.

Herndon Student Wins Peace Poster Contest

Julia Picchiottino advances to the next level of competition.

Julia Picchiottino, a 7th grade student at Herndon Middle School, took a first step toward becoming an internationally recognized artist by winning a local competition sponsored by the Reston Lions Club.

Picchiottino’s poster was among more than 350,000 entries submitted worldwide in the annual Lions International Peace Poster Contest.

Lions Clubs International is sponsoring the program to emphasize the importance of world peace to young people everywhere.

The poster was selected by the Reston Lions Club for its originality, artistic merit and portrayal of the contest theme, “Vision of Peace.”

“I see peace and diversity everywhere,” the 13 year-old from Herndon said.

The local judging was held in Herndon in November 2010. Mike Moseley, Reston Lions Club President, said he was impressed by the expression and creativity of the students at Herndon Middle School.

“These young people have strong ideas about what peace means to them. I’m so proud that we were able to provide them with the opportunity to share their vision.”

Locally, Picchiottino and other students will be recog-

nized for their participation by the Reston Lions Club in January 2011 at Herndon Middle School.

Picchiottino’s poster will advance through the district, multiple district and international levels of competition if she is to be declared the international grand prize winner. One international grand prize winner and 23 merit award winners will be selected. The grand prize includes a cash award of \$2,500, plus a trip for the winner and two family members to an awards ceremony at Lions Day with the United Nations in March 2011.

“Our club is cheering for Julia as her poster advances in the competition, and we hope that her vision will ultimately be shared with others around the world,” Moseley said.

View past international grand prize winners at www.lionsclubs.org. Lions Clubs International is a service club organization with more than 1.3 million members in approximately 45,000 clubs in 205 countries around the world.

Since 1917, Lions clubs have aided the blind and visually impaired and made a commitment to community service and serving youth throughout the world.

“I see peace and diversity everywhere.”

— Julia Picchiottino, Herndon Middle School

Helping Homeless

FROM PAGE 3

off at different locations in the morning," said Martha Chamberlain, a volunteer who helped with transportation this year. "It's rewarding to see our guests have a safe place to stay at night, and it's nice that the program is supported by people all over the community."

THE CHURCH has been involved for the past four years in the program.

Dinner is served at about 6 p.m., with the food cooked or donated by various parishioners. After dinner there are activities, and then guests can sleep on cots in any number of rooms. Volunteers stay throughout the night, until breakfast the next morning.

"Once we heard about the program, we decided we had the space, and a need for our parish to learn about homelessness. There were no other Catholic churches in the program, and we thought we should be the first,"

FAITH NOTES

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

Russ Randle, a member of Christ Episcopal Church in Alexandria, has been chosen by Bonnie Anderson, president of the Episcopal Church's House of Deputies, as the first recipient of the President of the House of Deputies Medallion for Exemplary Service.

Randle, a three-time Deputy to the General Convention of the Episcopal Church, was chosen for his 14-year commitment to aiding the often-persecuted Episcopal Church of Sudan in the midst of that nation's civil war and its aftermath. He will receive the award on Friday, Jan. 21 during the Episcopal Diocese of Virginia's annual Diocesan Council in Reston.

Chabad of Reston-Herndon is opening registration for their newest adult-education course, *Toward a Meaningful Life: A Soul-Searching Jour-*

ney for Every Jew. Rabbi Leibel Fajnlund of Chabad of Reston-Herndon will conduct this six-session course at the Chabad Aleph Center, 718 Lynn St. in Herndon, during six Mondays at 7:30 p.m., starting Feb. 7. 703-476-1829 or www.myJLL.com.

Dranesville Church of the Brethren, 11500 Leesburg Pike in Herndon, is collecting soap, toothbrushes and tooth paste, washcloths or hand towels, deodorant, combs and brushes, shampoo, tissues, lotion, hand sanitizers, safety razors and large socks to assemble 150 personal hygiene kits for the homeless. Size XL or larger t-shirts and coats, scarves, hats, gloves, and sweaters also needed. 703-430-7872 or www.dranesvillebrethren.org.

St. Timothy's Episcopal Church, 432 Van Buren St. in Herndon, presents "Journey to Adulthood", a comprehensive Christian Education for youth in grades 6-12. It uses Bible study, prayer, rites of passage, outreach ministries and both serious and playful activities to underscore its core message that adult-

hood must be earned.

Bright Pond Bible Study presents their 12th year of Bible study, a non-denominational group of women searching the Bible for God's truth. Meeting at Good Shepherd Lutheran Church, 1133 Reston Ave. in Herndon, starting 9:30 a.m. Sept. 22. bbpbiblestudy@aol.com.

Floris United Methodist Church, 13600 Frying Pan Road in Herndon, holds worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays with a Latino service on Saturdays at 7 p.m. 703-793-0026 or www.florisumc.org.

Hope Fellowship Church will temporarily be meeting at Woody's Golf Range, 11801 Leesburg Pike, Herndon. Sunday Worship Services for this new Southern Baptist church are at 10:45 a.m. The public is invited to join a growing Bible believing, multi-ethnic/multi-cultural congregation, with Bible-based sermons and uplifting music. 703-599-3527 or www.hopefellowshipchurchloudoun.org.

pervisor.

Many of the guests spend their days in tents, or other places that are not suitable for the winter months.

"When this program ends in March, the majority of people will go right back to sleeping outside," Holly said.

Last year, the county estimated that the labor and food costs would have been about \$60,000 without people donating time and food.

"It really gets you away from the things you take for granted," said Gus Gloe, a volunteer from St. Thomas á Beckett Catholic Church in Reston. "The people who volunteer here are just fabulous, and it's a bonus to be able to do it alongside them."

FACETS is a Fairfax-based non-profit that aims to prevent homelessness. More information about FACETS can be found at www.facetscares.org.

How To Avoid 9 Common Buyer Traps Before Buying a Home!!

Washington, D.C. — Buying a home is a major investment no matter how you look at it. Unfortunately, for some homebuyers it is more expensive than it needs to be because they fall prey to at least a few of the common and costly mistakes which trap them into either overpaying for the home they want or, worse, buying the wrong home for their needs.

A systemized approach to the home buying process can help you to steer clear of these errors, allowing you to not only cut costs, but also to buy the home that best fits your needs. An industry report has just been released entitled, "9 Buyer Traps and How

to Avoid them". This important report discusses the 9 most common and costly of these homebuyer traps.

Having the right information beforehand can undoubtedly make a major difference in how you structure your offer and in your negotiation with the seller. **To hear a brief recorded message and to order your FREE copy of this report, call toll-free 1-800-363-0356 and when prompted enter ID # 2300.** You can call any time, 24 hours a day, 7 days a week. Get your free special report NOW to find out what you need to know before you buy a home.

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RESTON CONNECTION ❖ JANUARY 26 - FEBRUARY 1, 2011 ❖ 5

OPINION

It's Time for Responsible Transportation Investment

Governor's plan will dedicate \$4 billion to transportation in next three years.

BY GOV. BOB McDONNELL (R)



COMMENTARY

The average Northern Virginia commuter spends 70 hours per year sitting in traffic, according to the Texas Transportation Institute's 2010 Urban Mobility Report. This is almost three days wasted — time that could be spent with family, working to improve our economy, or volunteering to make our communities better. This much time wasted in congestion is unacceptable.

That is why I have proposed a multi-faceted transportation package that leverages our resources to invest in needed transportation projects today. My comprehensive transportation package will inject \$4 billion into transportation in the next three years alone, without raising taxes. It will get drivers out of gridlock and put Virginians back to work.

Some have said that this plan, the single largest monetary infusion for transportation in decades, doesn't do enough for transportation. They say it won't fully resolve the Commonwealth's transportation needs. I agree that this plan is not the answer to every challenge we face. There simply is no single easy answer or funding source that can immediately solve Virginia's transportation challenges. Does that mean we should do nothing while the debate continues on transportation? I think not. This plan is a major step in the right direction.

Passage of our transportation package will fund 900 projects across our Commonwealth. Here in Northern Virginia, where I was raised, these projects include the extension of HOV/HOT Lanes on Interstate-95/395, the widening of Interstate 66, the widening of a key section of Rolling Road in Fairfax County to address the expected traffic impacts of BRAC, widening Route 7 in Loudoun County and widening Route 28 in Fairfax and Prince William counties. Those are significant projects that will have reduce the time you spend in traffic so you can spend more time at home and at work.

Here is how our plan works. We will simply accelerate the issuing of \$1.8 billion in bonds already approved by bipartisan majorities in the General Assembly in 2007. The funding sources are already in place to pay the debt service. By doing this, we can take advantage of record low interest rates and historically low prices for highway projects to get the most bang for the buck.

We will also issue \$1.1 billion in federal GARVEE bonds, which are federally authorized bonds sold to finance a specific capital project. In the case of these bonds, the state will use federal transportation funds to pay the debt service. Additionally, we will use \$400 million in one-time money available from our successful audit of VDOT and last year's budget surplus to

create the Virginia Transportation Infrastructure Bank which will support private and locality investments in projects that make our highway system safer and less congested. Eventually this bank will grow to \$1 billion by the end of our administration.

Not only will our plan get new roads built quickly, it will put thousands of Virginians to work at the same time. For every \$100 million spent on highway construction, it is estimated 3,000 jobs are created or supported. This plan will mean thousands of new jobs for Virginians in one of the toughest job markets in generations.

For all of these reasons, 43 major business and transportation groups, including the Northern Virginia Technology Council, the Dulles Area Transportation Association, the Northern Virginia Transportation Alliance, and the chambers of commerce of Reston, Loudoun, the Dulles Area, Fairfax County, Prince William, Springfield and Arlington all strongly support this plan — the only comprehensive transportation program anyone has put forward to get roads built and reduce congestion. And, it is why state Sen. Chuck Colgan (D-29), chairman of the Senate Finance Committee, has signed on as a co-patron of the bill.

Rather than spend more years debating and pointing fingers, let's get started investing in transportation improvements today. This fiscally responsible, comprehensive transportation program will get new roads built now and will move our Commonwealth forward on this critical issue. It is attracting broad, bipartisan support and I encourage you to visit my website, www.governor.virginia.gov to read the details of my plan for yourself. I know that, working together, we can get traffic moving in Virginia.

Legislative Agenda Deficits!

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



COMMENTARY

I often describe the General Assembly session as being like a roller coaster ride. It starts off slowly but accelerates in speed as the bottom seems to drop out. There are many ups and downs along the way. The session is scheduled to adjourn Feb. 26. In the meantime about 3,000 bills and resolutions will have been considered. Committee meetings start as early as 7 a.m. and often extend into the evening.

Among the bills for which I am chief patron is a bill that removes phosphorus from most fertilizers as part of the Chesapeake Bay clean-up. Excess phosphorus in the

Starter fertilizers will continue to include phosphorus. The bill is supported by the Reston Association, Chesapeake Bay Foundation, and other environmental groups. A bill I introduced several years ago removed phosphorus from dishwashing detergent. Phosphorus was removed from laundry detergent more than two decades

SEE PLUM, PAGE 7

BY JACK KENNY
PAST PRESIDENT, REPUBLICAN CLUB OF GREATER RESTON



Hardly a day goes by when the news does not mention a deficit. Let us understand one basic fact. Deficits are created by people. People elected by us voters to manage our governments: our elected representatives that we expect to look after our best interests. Deficits occur at all levels of government. From the national mess to many of our local towns, cities and counties. As this column has stated on a number of occasions through the years, deficits occur when our elected officials create a budget where the tax revenues from us do not meet the desires of our elected

A DIFFERING POINT OF VIEW

officials who we entrust to manage our core services. Why do we elect people that somehow create deficits?

Fortunately, our elected officials in Richmond have taken the necessary steps to eliminate the most recent deficit in the Commonwealth's budget by imposing the fiscal discipline needed to resist spending our state tax revenues on other than core services. Some demagogues see these actions as draconian. Yet, we enjoy a growing job base. Businesses

SEE KENNY, PAGE 7

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OPINION

Kenny

FROM PAGE 6

are coming into a business friendly state because our elected officials are doing what we expect them to do. The state government is meeting our need for core services and growing. Here in Fairfax County, we are entering another budget cycle. The usual games will be played with the rate of taxation on our real estate vs. our home valuations. There is pressure as our home values continue a downward trend. How do our elected officials meet the demand for more services with ever decreasing

funds? Will they continue to buy votes by promising more of our wants will be met instead of just meeting our core needs?

The problem is in the definition of core services. There are elected officials who believe that the government should provide more services: that higher taxes will provide them more money to distribute to us voters. This is called the redistribution of wealth or socialism-Marxism. Our elected officials take more from us, the taxpayers, and give it to those who demand more government support. We have several elected representa-

tives who have consistently practiced that philosophy too long: our local delegate to the House of Delegates, our Senator in the Senate of Virginia, our local supervisor to the Fairfax County Board of Supervisors. All cheerfully view our paychecks as their own to spend. In a neighboring senate district, Senator Dick Saslaw, Democrat Majority Leader in the Senate shamelessly demands that the Governor "send us a tax increase bill." Fortunately, the Republican-dominated House of Delegates will maintain Virginia's future for a thriving state.

Plum

FROM PAGE 6

ago as part of early efforts to clean up the Bay.

A bill I introduced at the suggestion of the Northern Virginia Coalition on Aging provides a tax credit for building or retrofitting homes to be "livable homes" with access for persons with disabilities. As the population ages and more persons attempt to continue to live out their lives in their homes, there are various accessibility issues that need to be addressed. The tax credit is intended to encourage an increase in the number of livable

homes. At the recommendation of the Reston Accessibility Committee (RAC) I am also working on legislation to improve access in public places for persons with disabilities. Another of my bills would establish a registry of providers of respite care and caregivers who provide in-home care for aged or disabled family members.

I am continuing my effort to include "sexual orientation" in Virginia's Human Rights Act to protect against discrimination. The bill continues to pick up more support each year. Another bill would enhance the efforts against

bullying in the public schools. My perennial bill to extend access to HOV lanes to hybrid vehicles has been introduced.

My bill to raise the cigarette tax by fifty cents would have raised enough money to pay the \$400 million annual cost to Medicaid for smoking related diseases. It has already been tabled.

In future columns I will be discussing other legislation. In the meantime, you can follow action on legislation and find out what legislative meetings are being held each day at <http://legis.virginia.gov>.

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WINTER FUN



Skaters braved the chilly weather to enjoy the sunset at the Reston Town Center Ice Pavillion.

Fun on Ice

The skating enthusiasts were out in the chilly weather Friday night at the Reston Town Center Ice Skating Pavilion. Samantha Green and mom Anna Mari have some daughter-mommy time on the ice.

PHOTOS BY DEB COBB/
THE CONNECTION



The chilly weather did not deter Christian Bently, of Herndon, from spending as much time as possible on the ice. Wendy Pineda of Springfield gives him a hand.



This is Olivia Cass's first time ice skating, 'And I'm good!' The Vienna resident is visiting the rink with her Brownie Troop.

ENTERTAINMENT

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

THURSDAY/JAN. 27

The Big Guise. Jimmy's Old Town Tavern, 697 Spring St., Herndon. A Herndon-based rock band. www.thebigguiseband.com. 703-435-JIMS or www.jimmystavern.com.
Ari Hest with Bess Rogers. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Indie-folk. \$18. 703-938-2404 or www.wolftrap.org.

FRIDAY/JAN. 28

"Frozen". 8 p.m. The Elden Street Players at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Bryony Lavery's play entwines the lives of a murderer, the mother of one of his victims and his psychologist. Mature audiences. \$19 adults, \$16 students and seniors. 703-481-5930 or www.eldenstreetplayers.org.
Mason Jazz Concert. 8 p.m. at the George Mason University Center for the Arts Harris Theatre, 4400 University Drive, Fairfax. Free. 888-945-2468 or cfa.gmu.edu.

L.A. Theatre Works "The Real Dr. Strangelove". 8 p.m. at the George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Tickets \$18-\$36, available at 888-945-2468 or cfa.gmu.edu.
Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. More than 250 craftsmen, gourmet and specialty foods, plus demonstrations of iron forging, woodcarving, wheel-thrown pottery and copper spinning. Adults \$7 online, \$9 at the door. Under

age 12 free. www.sugarloafcrafter.com or 800-210-9900.
David Jolley and Eduard Laurel. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Russian pieces from Reinhold Glière, Alexander Scriabin, and Alexander Glazunov. \$35. 703-938-2404 or www.wolftrap.org.

BULLETIN BOARD

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

THURSDAY/JAN. 27

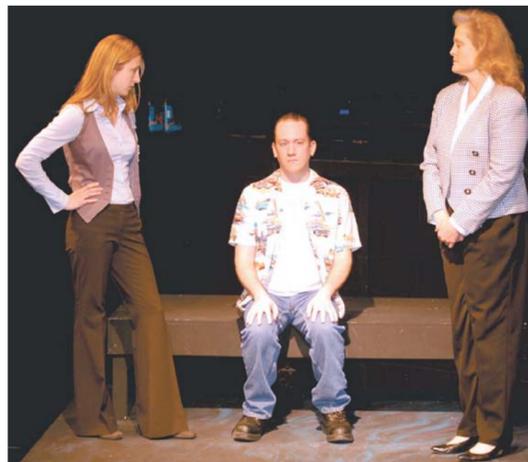
Lupus Support Group. 12 p.m. at Reston Hospital Center, The West Wing, 1850 Town Center Parkway, Reston. lh@ascendcomm.com or www.lupusgw.org.
Dulles Regional Chamber of Commerce Mixer. 5:30 p.m. Location to be announced. \$15-\$25. dullesregionalchamber.org.

SUNDAY/JAN. 30

Washington DC Chapter of the Tzu Chi Foundation Candle Lighting Ceremony and Chinese New Year Celebration Tea Party. 2 p.m. at the Buddhist Tzu Chi Foundation Washington DC Office, 1516 Moorings Drive, Reston. The program will focus on promoting healthy lifestyle, plastic bottle recycling technology, strategies to help protect Mother Earth and pray for world peace. Reserve by Jan. 24 at 240-246-4920, 703-598-5868 or sj.clara@gmail.com.
Alzheimer's Caregiver Support Group. 6 p.m. Sunrise of Reston, 1778 Fountain Drive, Reston. 703-956-8934.

MONDAY/JAN. 31

NARFE Dulles Chapter 1241 Luncheon Meeting. 11:30 a.m. Amphora Diner, 1151 Elden St., Herndon. \$17. With Dora Curtas from the Social Security Administration on "What every Employee and Retiree should know about Social Security and Medicare benefits". 703-435-3523.
Women, Money, and Power. 7 p.m. Floris United Methodist Church,



Cassandra Hodziewich, Adam Downs and Rebecca Lenehan in the Elden Street Players' production of 'Frozen' opening Friday, Jan. 28.

age 12 free. www.sugarloafcrafter.com or 800-210-9900.
Deutsche Staatsphilharmonie. 8 p.m. at George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The German

SATURDAY/JAN. 29

"Frozen". 8 p.m. The Elden Street Players at the Industrial Strength

13600 Frying Pan Road, Herndon. How to empower your hidden financial personality and manage finances with confidence. \$35, \$25 members. Register at www.thewomenscenter.org or 703-281-2657.

TUESDAY/FEB. 1

Reston Garden Club Meeting. 1 p.m. Reston Community Center at Hunters Woods, 2310 Colts Neck Road, Reston. "Reston Garden Club Goes to the Oscars" with members' floral interpretations of Oscar-nominated films. www.restongardenclub.org.

FRIDAY/FEB. 4

Marymount University's Reston Center Graduate Business Programs Information Luncheon. 12 p.m. MU Reston Center, 1861 Wiehle Ave., Reston. Business programs offered at MU's Reston Center include a Master of Business Administration (MBA) with a nonprofit management track and a master's program in Human Resource Management. The luncheon is free. Register at 703-284-5902 or www.MURestonSBA.com.

TUESDAY/FEB. 8

Parenting/Behavioral Interventions. 9 p.m. The Auburn School, 13525 Dulles Technology Drive, Herndon. With Sharon Weiss, author of 'From Chaos to Calm.' www.theauburnschool.org/forms.
Alzheimer's Caregiver Support Group. 7 p.m. Tall Oaks at Reston, 12052 North Shore Drive, Reston. 703-264-0707.

State Philharmonic, conducted by Philippe Entremont on its first tour of the U.S., performing Strauss' "Till Eulenspiegels lustige Streiche" and Brahms' Symphony No. 4, Op. 98. Entremont also joins Sebastian Knauer on piano for Mozart's Concerto for Two Pianos, No. 10 in E-Flat major, K. 365. Tickets are \$30-\$60, available at 888-945-2468 or cfa.gmu.edu.

Sugarloaf Crafts Festival. 10 a.m.-6 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly. More than 250 craftsmen, gourmet and specialty foods, plus demonstrations of iron forging, woodcarving, wheel-thrown pottery and copper spinning. Adults \$7 online, \$9 at the door. Under age 12 free. www.sugarloafcrafter.com or 800-210-9900.
John Eaton. 7:30 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Big band and jazz music. \$25. 703-938-2404 or www.wolftrap.org.

SUNDAY/JAN. 30

"Frozen". 3 p.m. The Elden Street Players at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Bryony Lavery's play entwines the lives of a murderer, the mother of one of his victims and his psychologist. Mature audiences. \$19 adults, \$16 students and seniors. 703-481-5930 or www.eldenstreetplayers.org.
Faculty Artist Series: Mira Yang, mezzo-soprano. 7 p.m. at the George Mason University Center for the Arts Harris Theatre, 4400 University Drive, Fairfax. Free. 888-945-2468 or cfa.gmu.edu.

Sugarloaf Crafts Festival. 10 a.m.-5 p.m. at Dulles Expo Center, 4368 Chantilly Shopping Center, Chantilly.

More than 250 craftsmen, gourmet and specialty foods, plus demonstrations of iron forging, woodcarving, wheel-thrown pottery and copper spinning. Adults \$7 online, \$9 at the door. Under age 12 free. www.sugarloafcrafter.com or 800-210-9900.

MONDAY/JAN. 31

Faculty Artist Series: Harry Watters, trombone and Dr. Dickinson, trombone. 8 p.m. at the George Mason University Center for the Arts Harris Theatre, 4400 University Drive, Fairfax. Free. 888-945-2468 or cfa.gmu.edu.
Easy Reader Book Discussion Level 2. 3 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Read a book aloud and enjoy a related craft. Call for title. Age 6-7. 703-689-2700.

WEDNESDAY/FEB. 2

Environmental Health: Understanding the Role of the Environment in Human and Wildlife Health. 7 p.m. U.S. Geological Survey, 12201 Sunrise Valley Drive, Reston. With Dr. Patricia Bright and Herbert Buxton. Emerging and resurging vector-borne and zoonotic diseases, water contamination, airborne contaminants, bioaccumulative contaminants in food chain and environmental changes that affect the spread of disease are growing public health concerns worldwide. Federal facility, photo ID required. www.usgs.gov/public_lecture_series.
Buckwheat Zydeco. 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Louisiana zydeco music. \$24. 703-938-2404 or www.wolftrap.org.

2011 Reston Association CALL FOR BOARD CANDIDATES

Interested in guiding the direction of the Reston community?

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Two seats will be open in the spring:

- Hunters Woods/Dogwood District- must be a resident of the district
- One At-Large Director

To qualify you must:

- Be a Member of the Reston Association
- Complete a Statement and a Petition of Candidacy

Details or questions: Cate Fulkerson
cate@reston.org • 703-435-6512

Forms must be filed by 5 p.m., Feb. 4, 2011. Candidacy forms and other election information can be found online at www.reston.org.

The election is open to property owners and renters within Reston Association.



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WINTER FUN



Sisters Christina and Rebecca Henriques take plunge in support of the Camp Sunshine in the Freezin' For A Reason Polar Dip at Lake Anne last year for the third annual Virginia Polar Bear Dip. This year's will take place Feb. 5.

PHOTO CONTRIBUTED

Keeping Busy In the Cold

Lake Anne offers indoor and outdoor fun this winter.

BY ALEX McVEIGH
THE CONNECTION

While it might be harder to brave the cold and enjoy the outdoors in Reston during the winter, there are plenty of opportunities to have fun. As the Super Bowl and March Madness approaches, Kalypso's Sports Tavern at Lake Anne offers a chance to watch while enjoying some quality cuisine with a scenic backdrop.

"I always liked this location in its various incarnations, but this is my favorite one yet," said Steve Gates of Reston. "I think it's got a great balance of a sports bar without being too dive-y, and the food is great, with some nice alternatives to the standard deep-fryer fare."

Gates isn't the only one taking notice of Kalypso's welcoming atmosphere. Yahoo! Sports named it one of the top five sports bars in Northern Virginia last December.

"Kalypso's welcomes sport-enthusiasts with 10 high-definition TVs. The grub served is blend of Greek, Italian and American favorites," said Reena

SEE RESTON, PAGE 11

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WINTER FUN



PHOTO BY JOE DOUGLASS

From left, Mimi Preda, Josh Doyle, Kate Roehr, Harv Lester, perform in "I Love You, You're Perfect, Now Change" last year for the Reston Community Players.

Reston Offers Indoor and Outdoor Fun

FROM PAGE 10

Das, who selected the bar as one of the top in the area. "Fans join at the contemporary lounge for cocktails and [sports] programming available on two large, HD flat-panel TVs behind the cocktail bar."

While the outdoor, lakeside seating isn't too popular during the winter months, the large windows allow for the view.

"I really like that it's not just in a strip mall off of a parkway," said Ava Lineberger of Reston. "It's cool to be able to look out and see the lake, the tower and the people who walk by. It's definitely a unique venue in this area."

More information on Kalypso's can be found at www.kalypsoportstavern.com

While most people stay out of the water during the winter, come Feb. 5, groups of people will purposely brave the freezing temperatures and take the plunge into Lake Anne. It won't be for naught however, as the fourth annual Polar Bear Dip comes to Lake Anne raising funds for Camp Sunshine, a retreat in Casco, Maine designed for children with life-threatening illnesses and their families.

Alex Custer, of Arlington will be participating in the Reston event for the second year. She first learned about the event after volunteering at Camp Sunshine two years ago.

"I volunteered for Camp Sunshine for the first time in August of 2009 and absolutely fell in love. I had an amazing experience and met all kinds of wonderful people," she said.

The Virginia Polar Dip has raised more than \$73,000 since its inception, which has allowed 37 families from the Washington, D.C. area to attend Camp Sunshine. It costs about \$2,000 for one family to spend a week there.

More information about the Virginia Polar Bear Dip can be found at www.freezinforareason.com.

Winter Fun in Reston

❖ **JAN. 26- FEB. 5:** "Twilight of the Golds" by the Reston Community Players, Reston Community Center. A topical drama that asks the question "If your parents knew everything about you before you were born, would you be here?" Performances are at 8 p.m. Fridays and Saturdays, and there is a 2:30 p.m. matinee performance Jan. 30, which will be followed by a talk-back with cast and crew. More information is available at www.restonplayers.org.

❖ **FEB. 3:** Wine tasting at Lake Anne Florist, 5:30 p.m. Miracle Valley and Casanel Vineyards, both from Virginia, will be available, accompanied by chocolate samples hand-made on site by Chesapeake Chocolates.

❖ **FEB. 5:** Fourth Annual Lake Anne Polar Bear Dip, 1 p.m. Registered participants will take a plunge into Lake Anne to raise funds for Camp Sunshine, a year-round retreat for children with life-threatening diseases and their families.

❖ **FEB. 7:** Reston Presents "Sweets for my Sweetheart," Reston Association Headquarters, 7 p.m. Robert McKeon, executive chef at Tall Oaks Assisted Living, will showcase how to make an extra special dessert leading up to Valentine's Day. The event is free, but registration is required.

❖ **FEB. 12:** Violist Marcus Thompson, Reston Community Center, 3 p.m. Thompson, a renowned viola player, will perform at CenterStage. Cost is \$15 for residents, \$30 for non-residents.

❖ **FEB. 19:** Clayton Brothers Quintet, Reston Community Center, 8 p.m. A sibling-led jazz group, the quintet has been performing for more than 30 years. Cost is \$15 for residents, \$30 for non-residents.

❖ **FEB. 26:** "Give My Regards to Broadway" by the Reston Chorale, Reston Community Center, 6 and 8 p.m. The Reston Chorale performs Broadway hits. Cost is \$20 for adults, \$15 for seniors and youth.

❖ **MARCH 4- 26:** "The 25th Annual Putnam Spelling Bee" by the Reston Community Players, Reston Community Center. A musical comedy about six young people vying for the spelling championship of a lifetime. Shows are at 8 p.m. Fridays and Saturdays, and there will be a 2:30 p.m. matinee on March 13 and 20, with a talk-back with cast and crew March 13. More information can be found at www.restonplayers.org.

❖ **MARCH 16:** "The Complete World of Sports (Abridged)," Reston Community Center, 8 p.m. The Reduced Shakespeare company unveils a new comedy that tracks sports from the earliest cavemen to youth soccer. Cost is \$15 for residents, \$30 for non-residents.

❖ **MARCH 27:** "Celebrating Spring" by the Reston Community Orchestra, Reston Community Center, 4 p.m. Featuring Joseph Haydn's Cello Concerto, Frederick Delius' "On Hearing the First Cuckoo of Spring," Mary Howe's "Spring Pastorale" and Antonio Vivaldi's Bassoon Concerto in A Minor.

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To add your Realtor represented Open House to these weekly listings, please call Karen Pechacek-Washburn at 703-778-9422 or E-Mail the info to kwashburn@connectionnewspapers.com All listings due by Monday at 3 pm.

Seahawks Get Much-Needed Win

Victory over Madison improves South Lakes to 5-3 in Liberty.

BY RICH SANDERS
THE CONNECTION

The South Lakes High boys' basketball team got back into the win column last Friday night with a much-needed 52-43 win over Liberty District opponent Madison. The contest took place at Madison High School in Vienna.

South Lakes, with the win, improved its record to 7-8 overall and a solid 5-3 in district play. The home team Warhawks fell to 4-11 and 2-6.

The Seahawks, under head coach Andrew Duggan, had lost games to host McLean, 71-64; visiting Fairfax, 85-71; and home team Langley, 68-44, going into the Madison game. All three of those squads who defeated the Seahawks - McLean (9-7 overall record, 5-3 district), Fairfax (9-7, 6-2), and first place Langley (10-6, 8-0) - are putting together solid to exceptional seasons this winter. The Seahawks, in the setback to McLean on Jan. 12, fell behind 20-10 early after one quarter but played good ball thereafter. Joe Daye, a senior guard, led South Lakes in that game with 20 points, while junior guards Mitchell Dempster and J.D. Wallace contributed 15 and 13 points, respectively. McLean big man Thomas Van Wazer hurt the Seahawks that night with a game-high 22 points.

In the Fairfax game on Jan. 14, South Lakes was leading the Rebels, 56-54, through three quarters. But Fairfax outscored the home team Seahawks, 31-15, in the final quarter to win. The Seahawks' top scorers in that game were Wallace (15 points), Dempster (14) and junior guard Jordan Francis (12). Darius Smith, a senior forward, and junior forward D.J. Christian scored nine and eight points, respectively. Zack Burnett scored 20 for Fairfax.

South Lakes, in the loss to Langley, the two-time defending district champions, last Wednesday, Jan. 19, fell behind 25-9 and never recovered. Wallace, Francis and



South Lakes (blue uniforms) has Liberty District games this week versus Marshall and Jefferson. No. 23 here for the Seahawks is D.J. Christian (right), who leads South Lakes in scoring this season.

Daye scored 11, nine and eight points, respectively, in the setback. Daniel Dixon tallied 19 for the Saxons.

BUT SOUTH LAKES came back strong with the win over Madison

"All of our guys stepped up to make a contribution toward the win."

— Andrew Duggan, South Lakes High head coach

on Friday, carrying a 21-16 lead into halftime and extending the advantage to 34-25 after three quarters. Wallace scored 18 points for South Lakes while senior center Brendan Galbraith added 12 points. Dempster scored nine points and junior guard Ahmed Gibreel had six and junior forward Brian Kraus five. Madison received 11-point outings from both Ian Doyle and Nate Favero.

South Lakes had just eight varsity players dressed out for the

Madison game due to injuries.

"All of our guys stepped up to make a contribution toward the win," said coach Duggan, of the triumph over the Seahawks. "We held them to 43 points. I thought we played good team defense. This is something we are working on all the time to get better at."

South Lakes' other district wins this season have come over Madison, 65-61 in overtime on Dec. 14; Marshall, 76-62, on Dec. 21; Jefferson, 73-67, on Jan. 3; and Stone Bridge, 69-64, on Jan. 6. For the season, South Lakes' top statistical leaders are: Christian (15.5 points, 8 rebounds per game); Wallace (10 points, 5 assists); Daye (10 points); Dempster (9 points); and Smith (7 points, 6 steals per game).

South Lakes was scheduled to play district games this week versus visiting Marshall on Tuesday, Jan. 25 and at Jefferson this Friday night, Jan. 28.



PHOTO COURTESY/TEAM AMERICA

Northern Virginia's Team America 93 - National Champions. Front row: Robby Maffei; Middle row, left to right: Brandon Siles, Damaro DaCosta, Ohjay Porteria, Bernardo Majano, Armado Oakley, Mikael Belay, Bryan Castellon. Back row: Ezra Williams, Zac Galiani, Clinton Black, Alex Padilla, Jonny Dunn, Evan Ragland, Hatzael Diaz, Martin Lopez, and Edgar Zepeda.

SPORTS ROUNDUPS

Team America 93, a U17 boys' soccer team from Northern Virginia, was crowned the Div. 1 National Indoor Soccer Champion for the second year in a row. The tournament took place Jan. 15 and 16 in Baltimore.

Team America, whose roster includes players from McLean, Fairfax, Springfield, and Mount Vernon, handily won their first two games, 7-2 against the Rush from Pennsylvania and 7-3 over the Blue Magic Lightning of Maryland.

The third game versus the Manchester Elite proved more challenging but Team America came out on top, 4-3, with a last minute goal by Falls Church's Ohjay Porteria.

The win over the Elite advanced Team America to the championship game against FC York. Team America players worked in sync brilliantly the whole game to win by a score of 7-0. Despite numerous attempts by FC York, Team America's goalkeeper, Robby Maffei of McLean, helped his team earn the shutout win. A total of seven Team America players scored goals during the tournament. Team America is coached by Larry Dunn and Patrick DaCosta.

A South Lakes High School basketball team made up of coaches, teachers and guests will play a game versus the exciting Harlem Wizards team on Saturday night, Feb. 5 at 7.

The game will take place in the spacious South Lakes High gymnasium. To order tickets online, go to www.seahawkboosters.com. Tickets purchased after Jan. 15 will be available at the Will-Call table on the evening of the event. Advance tickets will cost \$10 for students and \$15 for

adults. On game night, tickets will cost \$15 for students and \$20 for adults.

Herndon Reston Youth Softball (HRYS) Spring Registration is now open. Herndon-Reston Youth Softball is a girls' fast-pitch softball league serving players ages 6 to 18 in the greater Herndon-Reston. Go to www.hrysfastpitch.com/Registration to register today.

The Langley Saxonette Dance Team Clinic will take place on the evenings of Feb. 8 and 11, from 4:40 to 6:30 at Langley High School. The dance team will perform at the Langley girls' basketball game on the 11th. The Saxonette dance team welcomes all fourth through eighth graders, of all experience levels, to the clinic sessions.

Contact wanda.brown@gmail.com or go to the Langley High School Dance Team website for registration information.

The Thomas Jefferson High boys' and girls' swim/dive teams scored decisive wins against Stone Bridge at a Liberty District meet held on Jan. 14. Jefferson swimmers and divers brought home first place in all but one event.

First place finishers for Jefferson included Stephen Seliskar (200 free) of McLean; MaryKate Dilworth (200 free and 500 free) of Clifton; Jack Borsi (200 IM) of Herndon; Jon Spitz (50 free) of Fairfax; Sarah Liu (50 free) of Annandale; Ron Enson (100 fly) of Clifton; Brianna Kim (100 fly and 100 back) of Fairfax; Madison Phillips (100 free) of Vienna; Miles Oakley (100 back) of Fairfax; and Aedan Collins (100 breaststroke) of McLean. Seliskar's 200 free swim qualified him for the state championship meet.

WINTER FIIN

Find Great Wines That Cost Almost Nothing

Recommendations for delicious wines for about \$10.

BY MIKE POTASHNIK AND DON WINKLER
I-WINEREVIEW

A lot of people make New Year's Resolutions they can't possibly keep, like "I'm going to stop drinking good wine, and save my money for a 96 inch LCD, LED, HD, 3D TV." Well, to mix metaphors, now you can have your cake and drink it, too, while watching that new TV. All you have to do is find good quality wine that costs almost nothing.

From our travels and writing this past year, we came across many producers who offer delicious wines at terrific prices. Two which we especially like and are happy to share with readers are located in neighboring countries in South America. One is Concha y Toro Chile's single largest winery, the other is Doña Paula, a large commercial winery in Argentina. Concha y Toro produces a series called Xplorador; Doña Paula's series is called Los Cardos.



Don Winkler and Mike Potashnik of i-WineReview.com, a McLean-based publication.

right kind of food (think brussel sprouts, asparagus, and other vegetarian fare). The **Xplorador 2010 Malbec** shows cherry and raspberry aromas and vibrant fruit on the palate. It's quite delicious, albeit lighter than the typical Malbec coming out of Argentina.

Doña Paula Los Cardos

Doña Paula was established in 1997 by Chilean entrepreneur Ricardo Claro of the Claro Group with the purchase of 40+ year old Malbec and Chardonnay vineyards in Luján de Cuyo. The estate now consists of 1,878 acres of vineyards in the Tupungato and Luján de Cuyo regions. David Bonomi is chief winemaker, and Edgardo Del Popolo is viticulturalist.

Los Cardos is Doña Paula's entry level wines which sell for \$10-12. The fruit for most of the wines comes from the Finca El Alto in Ugarteche (Luján de Cuyo) and the high altitude (1100 m) Finca Los Cerezos in Valle de Uco, the zone closest to the Andes and therefore the coldest and best suited for early-ripening varietals, especially Sauvignon Blanc and Chardonnay. **Doña Paula 2010 Los Cardos Sauvignon Blanc** shows good varietal character with an opulent style. It has an effusively fragrant nose of grapefruit and nettles and a citrus, pear and herbal palate of very good intensity. This is a very good wine and an excellent value!

Doña Paula 2009 Los Cardos Chardonnay is in the ripe, New World style with a nose of smoke, ripe citrus, and honeydew. It's ripe on the attack with good integration of fruit and oak and shows good acidity on the finish.

Fresh plum and blackberry waft from the glass of the dark ruby purple **Doña Paula 2009 Los**

Cardos Malbec. There's a sweet, tangy attack of blackberry fruit with notes of underbrush, tar and earth and good purity of fruit on the finish with firm, ripe tannins. This wine offers everything, and at a very reasonable price.

Concha y Toro Xplorador

Last year in Santiago we sat down with Concha y Toro's chief winemaker, Marcelo Papa, to taste through almost the full range of wines. We reported the results of that tasting in The Wines of Chile on www.i-winereview.com.

However, we never reported on Concha y Toro's line of entry level wines, Xplorador. Xplorador wines have suggested retail prices under \$10 a bottle, which usually translates into something less at your local neighborhood store.

How, you ask, can a respectable winery like Concha y Toro make such inexpensive wines? There are a lot of reasons, of course, but the main one is that the fruit for these wines is sourced mainly from Chile's Central Valley where the yields are high. Then, under the direction of winemaker Tito Urzia, that fruit is fermented and aged in large stainless steel tanks, not expensive, small French oak barriques. Don't kid yourself. This process isn't going to produce Chateau Margaux. But you can get perfectly good, drinkable wines.

Nothing complicated, not particularly nuanced, just pure, plain good fruit. This makes them easy drinking, either as an aperitif or with a meal. The **Xplorador 2009 Cabernet Sauvignon** is a fruit forward Cabernet Sauvignon showing mostly red plum and berry fruit on the nose with just a hint of brambles and earth. It's a straight-forward, uncomplicated wine, but it's also surprisingly tasty, balanced and easy to drink.

The **Xplorador 2009 Merlot** is a wine that definitely needs to be drunk with food. It has nice red plum fruit on the nose and palate, but it also has a green herbal note that can nicely complement the

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Not Just Any Friday...



By KENNETH B. LOURIE

But Friday, Jan. 7, 2011, the date of my most recent post-scan appointment with my oncologist. The date when the results of those previous week's scans will be shared with Dina and me. The appointment when we will learn if my stage IV lung cancer has progressed – or not. And what we learned is, news we can live with: "No change." The tumors have not grown or moved. The status is quo. I am doing "Amazing," according to my oncologist. Two years into my treatment, and it's not, to invoke a Boston expression, "Katie bar the door;" which means trouble, sort of, figuratively speaking.

So what's next? No one knows for sure and that's the problem. Although not nearly the problem the original pain in my ribcage has turned out to be. But still a problem. A problem of the unknown. What to do, how to treat, a patient who has now outlived his prognosis and who has been on a chemotherapy drug – Avastin, longer than any other patient his oncologist has previously treated, and a patient who is as symptomatic and progressing as well as I am? "Uncharted territory" is how my oncology nurse has described my future.

But it's a future. A future that two years ago was not exactly promised to me. Not that promises are likely ever made to cancer patients during chemotherapy, but you get the idea I'm sure. And not that I ever took the characterizations personally but, after all the testing is completed to determine "the underlying problem" (as I call my lung cancer/diagnosis), you become a statistic, a compilation of data – which, according to medical science/history indicates/corresponds to a certain time line (I hesitate to use the term "deadline" anymore). And neither is that time line promised, but presumably, there is some methodology to their madness and statistical presumptions, so it's a bit hard to ignore. Although, you try.

Nevertheless, it's a weight – and a wait, too. It's all about what happens next: results from lab work, X-Rays, CT scans, MRIs, physical examinations, etc., to determine your fate. Some of it is in your control, most of it is not. And upon reflection, you may recall what your oncologist said to you back in February 2009: there are exceptions to every rule – and he hopes that you are one of them. However, he was not the least bit encouraging. Presumably he is duty-bound and medically and ethically motivated as well, not to provide too much false hope. In my case, he didn't. Moreover, he suggested that perhaps I take that vacation I always wanted to. WHAT!?

But here I am, two years post diagnosis; an exception to the rule. You can now officially throw the statistics out the window. And though I am thrilled to be here (Duh!), here is where few of us have ever been before, unfortunately. As a result, there are no real treatment protocols to follow and so my oncologist has much less medical data on which to rely and more anecdotal-type feelings from me, the patient, to consider as he/we decide how best to proceed/how to treat. Not that the diagnosis-/treatment-to-date hasn't been collaborative, it has; it's more that, treatment going forward, there's less conventional wisdom on which to rely and more dependence on unconventional wisdom – mine, to decide dosages, frequency of chemotherapy and scans, etc.

This new decision-making, combined with where I am relative to my original prognosis/time line scares the living daylights out of me – if you want to know the truth. If you don't want to know the truth, welcome to the other half of my brain. Can you say dichotomy? (I can't, anymore than I can say "deadline".)

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

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