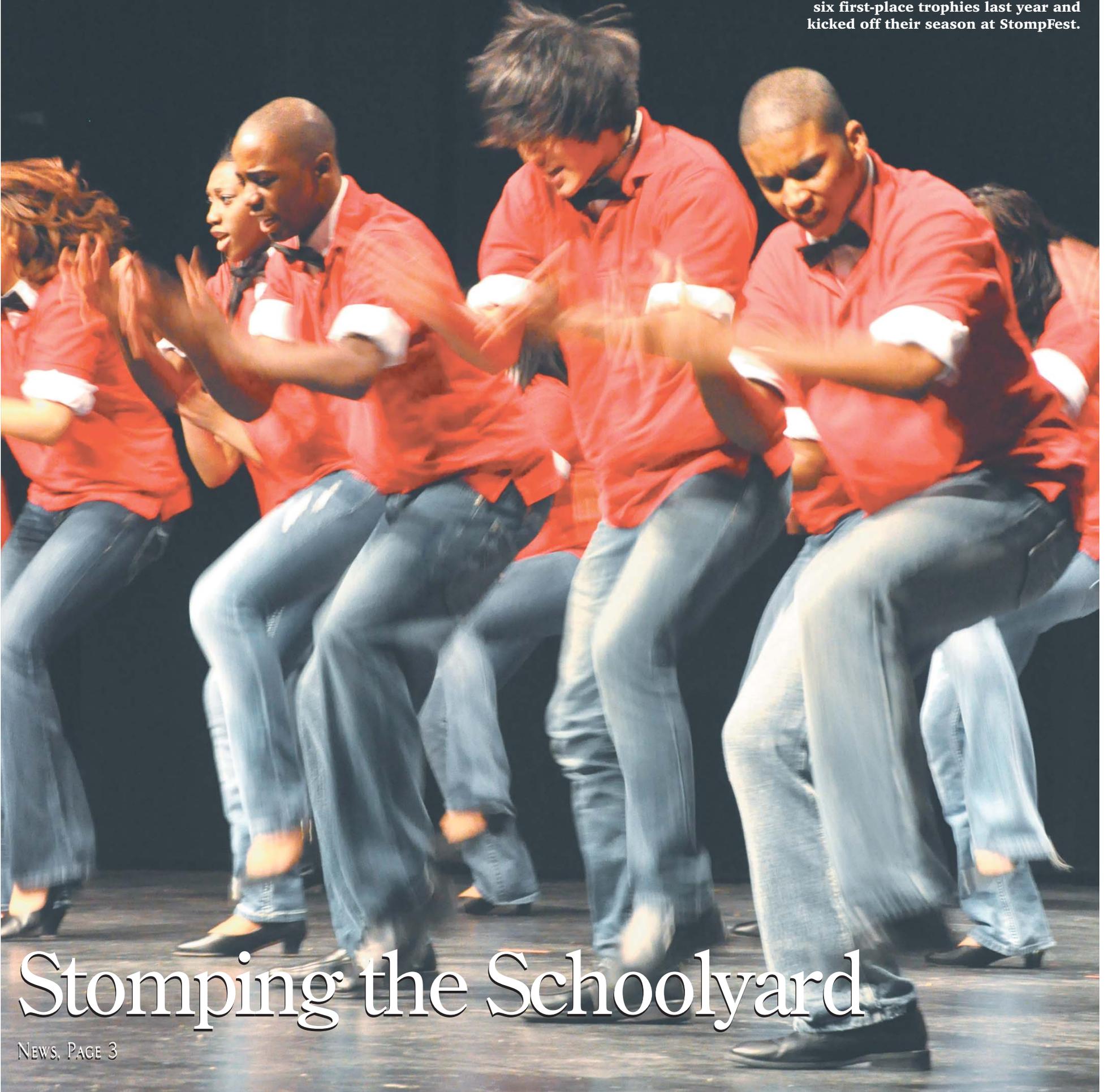


Oak Hill ❖ Herndon CONNECTION

The Herndon High School step team performs at the introduction of the 2011 Herndon StompFest Feb. 19. The team won six first-place trophies last year and kicked off their season at StompFest.



Stomping the Schoolyard

NEWS, PAGE 3

Town Council Adopts 'Community Vision'

NEWS, PAGE 5

State of The Art Fitness

NEWS, PAGE 3

PRSRRT STD
U.S. POSTAGE
PAID
MARTINSBURG, WV
PERMIT #86

OPINION, PAGE 4 ❖ ENTERTAINMENT, PAGE 6 ❖ SPORTS, PAGE 8 ❖ CLASSIFIEDS, PAGE 10

PHOTO BY ALEX McVEIGH/THE CONNECTION

MARCH 2-8, 2011

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Million Dollar Pottery 60-75% OFF

30% OFF Japanese Maples
Over 100 Varieties (6'-12')
9.99 to 12 Ft.
Evergreen Magnolias, Hollies, Arborvitae & Leyland Cypress

Free Landscape & Hardscape Estimates
Patios, Walls, Walkways, Paver Driveways & So Much More
2005 Pricing

Pansies 97¢
Reg. 1.89

Cravens Nursery & Pottery

9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
www.cravensnursery.com
9:00-6:00 • 7 Days a Week

Summer Web Internships Available

Educational internships available for enthusiastic college students to join our new website launch team. This is an exciting opportunity to help develop content and sections for our new website, due to launch in late Spring. Throughout the summer, we'll be adding specifics to our entertainment and events sections, creating special projects and content, and exploring new media. Internships are unpaid, but offer an unusual chance to work with award-winning editors while developing first-rate online presence. Internships require a commitment of at least six weeks, 16-40 hours a week. Please email a statement of interest and a resume to internship@connectionnewspapers.com.

THE CONNECTION NEWSPAPERS

ROBERTS CARPETS ORIENTAL RUG CO.

ORIENTAL RUG SALE FINANCING AVAILABLE

Hand-knotted, Persian, Pakistan and India

Wall-to-Wall Carpet & Hardwood Flooring on SALE

Oriental Rug Cleaning
Washed at Our Location

- Reweaving • New Fringes
- Repairs of all types of Oriental Rugs • All repairs

20% OFF
Expires 3/9/11

681 Spring Street, Herndon
Same Location 40 Years • In Business 47 Years
Around the corner from the Ice House • Across the street from the Fire Station
Hours: Mon & Fri: 9-6 • Wed: 9-5 • Tues & Thurs: 9-8 • Sat: 10-3

703-471-7120
www.RobertsCarpets.com
Our Technicians are our employees

VISA MasterCard

INSTITUTE OF INSPECTION, CLEANING AND RESTORATION CERTIFICATION

SCHOOLS

Sixty-eight Fairfax County Public Schools (FCPS) students have been named to the Virginia All-State Chorus for 2011 and will perform as a group April 30 at the Visual and Performing Arts Academy at Salem High School in Virginia Beach. Additionally, 42 FCPS students were named alternates to the All-State Chorus.

FCPS students selected for the 2011 Virginia All-State Chorus and as alternate include:

❖ Herndon High School: Matthew Frederickson, Hannah Glass, Hannah Kwon, and Randy Raoufi and alternates Chris Czerwinski, Sarah Freeman, and Olivia Jewell.

❖ Oakton High School: Corinne Holland, Holly Kelly, Madeline Paul, and Summer Perez and alternate Cecily Jacobson.

❖ South Lakes High School: Ken Barros and alternate Sobechukwu Chinaka.

❖ Thomas Jefferson High School for Science and Technology: alternates Margaret Coad and Adrienne Doebrich.

Virginia All-State Chorus is sponsored by the Virginia Choral Directors Association, an affiliated unit of the Virginia Music Educators Association.

Seven Herndon High School students will represent the school at All Virginia Choir in April: Soprano 2 Hannah Kwon, Alto 1 Hannah Glass, Tenor 1 Matthew Frederickson, Tenor 2 Andy Raoufi, Soprano 1 alternate Sarah Freeman, Alto 2 alternate Olivia Jewell and Tenor 2 alternate Chris Czerwinski.

Oak Hill residents **John Thomas Palmisano, Alison Virginia Silkworth** and **Molly Caitlin McKee** have been named to the fall 2010 dean's list at Miami University of Oxford, Ohio.



Recycle old, unused and broken electronic devices!



E-WASTE RECYCLING EVENT

Saturday, March 12th, 2011
9am - 1pm
Cox Retail Center Parking Lot
3080 Centreville Road
Herndon, VA 20171

For list of accepted e-waste, please visit the Events tab at facebook.com/coxnova

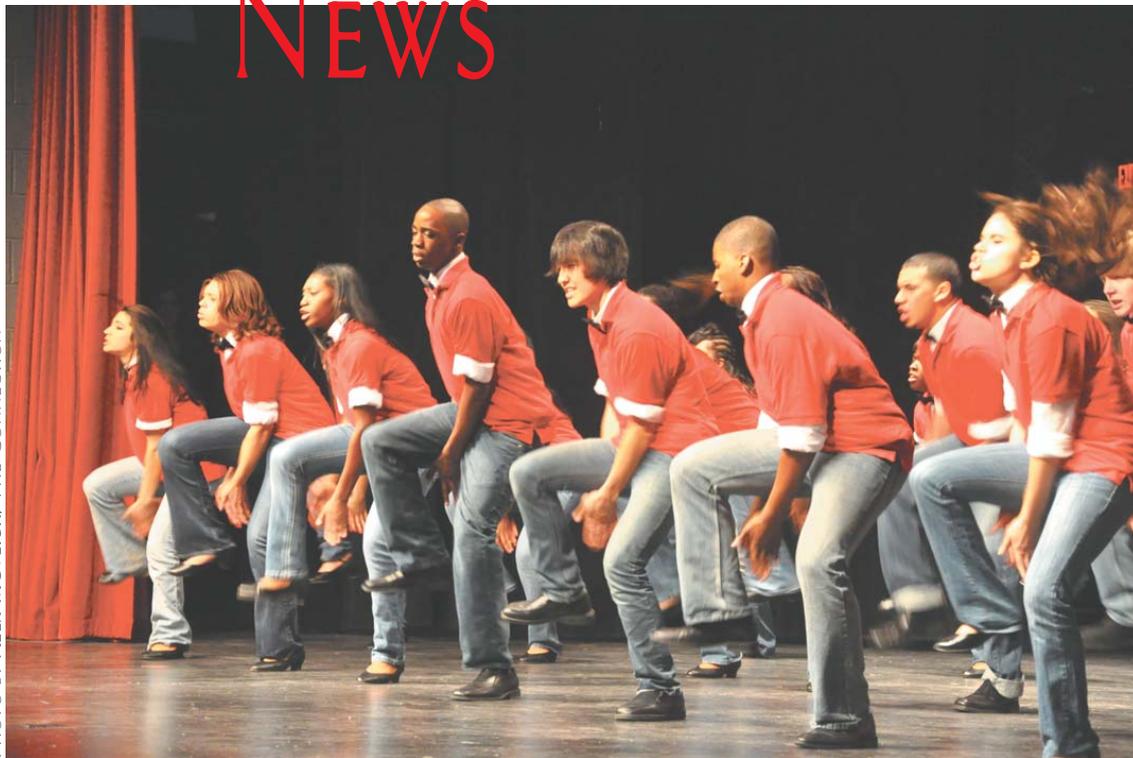
An initiative of: Cox Conserves In partnership with:



E-recycling for businesses with more than a truckload of materials available March 5-19. Contact jclayton@synergyrecycling.com to schedule free pickup.

NEWS

PHOTO BY ALEX MCVEIGH/THE CONNECTION



Herndon High School's Step Team performs at their annual StompFest Feb. 19. Herndon High School has hosted the event, which features teams from all over the Washington, D.C. region, for the last 13 years.

Stomping the Schoolyard

Herndon High School Step Team kicks off 2011 season.

BY ALEX MCVEIGH
THE CONNECTION

As a 2000 graduate of Herndon High School, Gary Bushrod remembers being part of the step team in its earliest days. Last year he was asked to come back to help prepare the team for their annual StompFest, and ended up sticking around. Now the team, which took home six first-place trophies last year, is on the rise.

"When I was on the team, they just did shows, but now we're big into competitions," Bushrod said. "I feel good about the fact that I'm mentoring almost 30 kids, and that I can continue my legacy 15 years after I started going here."

Bushrod, who balances his coaching duties with his day job at Booz Allen Hamilton, helped expand the program to include more boys as well. The team now consists of Shades of You, the female group, and the Cold Beasts, the male group.

This year's StompFest, which took place Saturday, Feb. 19, kicked off competition season. Teams from all over the Washington, D.C. area came to compete in the event, which almost completely sold out the Herndon High School Auditorium.

"This year was a great event, I had students coming up to me this week telling me how much they enjoyed the performances," said Domonoque Collins, a junior who is with the team for her second year. "You could see the difference in how pumped up the audience was."

Though the Herndon High School didn't win StompFest (Seneca Valley High School from Germantown, Md. won), they are prepared for another season of winning competitions. The Herndon High School team is also a model of diversity.

Team members' ethnicities include the Dominican, Egyptian, El Salvadorian, Liberian, Pakistani, Spanish, Afghani, Libyan, Cambodian, Russian, and Bengali.

"The team really covers the world, and it exposes the kids to so many different cultures, everything from religion to foods," said Judith McDermott-Jeter, an English teacher at Herndon High and the group's sponsor. "Kids who are in the program get a truly international view and it creates an understanding of things. Others may view differences as sinister, but these kids accept it because they're talking and dancing with other students all the time."

Senior Daquan Page says in addition to bonding with his teammates, learning to dance in public has dramatically improved his confidence.

"It really gave me confidence to get out in front of people and do what you like," Page said. "It may look easy, but it's not."

Freshman Nisma Aly says it "helps you to step out of your comfort zone. I was confident before, but people have told me it's more noticeable now."

Step dancing focuses primarily on foot movement, and the choreographed routines consist of rhythmic steps that can resemble ballet, but come out sounding like a drumline. While arm and hand movement is also part of the dancing, foot movement is the most important, and team members say it can be hard to notice how hard dancers are working.

"I don't think people understand how hard it is and how much endurance it takes just to put together a 10-minute routine," said Samitha Nelamangala, a senior.

The team competes in competitions all over the area, including local ones and at places like Howard University in Washington, D.C. The team also makes time to help coach the Herndon Middle School Team, which also competed in StompFest.

"It says a lot about how much this team has improved, and I think we're getting better at reaching out to the community," Bushrod said.

At almost 30 students in the club, the step team isn't the biggest group at Herndon High School, but with almost 1,000 people attending StompFest, their footprint is bigger than their numbers.

"Quantity-wise, we're not the biggest club around, but as a team, we're making ourselves known," Nelamangala said.



PHOTO CONTRIBUTED

Nancy Terry, Senior VP of Marketing for Sports and Health. Mark Fisher, CEO and Carol Himes, General Manager cut the ribbon on the newly renovated Worldgate location Feb. 25.

State of the Art Fitness

Worldgate Sport and Health Club re-opens after renovation.

BY ALEX MCVEIGH
THE CONNECTION

The Worldgate Sport and Health Club re-opened Friday, Feb. 25 after a \$2.5 million renovation which they hope will be the latest in a series of state of the art fitness facilities. The club is now almost double its previous size, and has more than 100 new pieces of cardio equipment.

"I've been coming to the Worldgate gym for many years, and I've seen it change hands quite a few times," said Steve Saunders of Herndon. "But I didn't think it was possible for the space to be used in quite the way it is now. It all feels brand-new."

Featuring a full basketball court, three tennis courts, a pool and racquetball and squash courts, the new club offers many ways to get in shape. "Working out can be arduous,

but we've found that if people have a reason to go to the gym, like people to hang out with, it's much easier," said Sport and Health CEO Mark Fisher.

Fisher says he hopes the new club will help combat the stereotypes about fitness facilities.

"I don't really consider myself loyal to a particular 'brand' of gym, but I must say I've been impressed."

— Barbara Hench of Reston

"We're not a musclehead kind of club," he said. "People have all sorts of preconceived notions about gyms, thinking 'if I'm not in shape, I won't fit in,' but I think the first time you walk in the club you'll be cognizant that it's a different kind of place."

Barbara Hench of Reston says after moving from Centreville and

switching gyms, she was surprised at how easy the transition was.

"I don't really consider myself loyal to a particular 'brand' of gym, but I must say I've been impressed," she said. "The Reston location is pretty good, but this is truly a fantastic place to get in shape."

Time for Adult Discussion on Deficits and Debt

BY MARK R. WARNER
U.S. SENATOR



U.S. Senators Saxby Chambliss of Georgia and Mark Warner of Virginia.

With all of the current discussion about short-term federal spending resolutions and potential gridlock in Congress, you might think we have lost the opportunity for serious action on our longer-range deficits and debt.

I remain convinced that our country is at a critically important moment: We simply must seize this opportunity to get our fiscal house in order for the long term, and since last summer this has been one of my top priorities.

Partnering with my Republican colleague Saxby Chambliss of Georgia, we are working to try to turn the recommendations of the President's National Commission on Fiscal Responsibility and Reform into legislation.

Our current national debt stands at more than \$14 trillion. If adopted in full, the commission's recommendations would gradually reduce that debt by \$4 trillion over the next 10 years.

Unfortunately, the current debate is centered on deep cuts in short-term, discretionary and nonmilitary spending, which only makes-up about 12 percent of the overall federal budget.

The spending proposal recently adopted by the House of Representatives slashes funding for workforce training programs that are so important to many people across southwest and southside.

It targeted federal support for the multi-state, multi-year Chesapeake Bay cleanup effort, and

GUEST EDITORIAL

the House budget makes deep cuts in federal funding to Northern Virginia's Metro mass transit system.

The simple fact is, drastic and even painful cuts to these individual programs alone will not fix our larger structural budget problems.

That's why Senator Chambliss and I have been working with a growing number of our Senate colleagues to address these fiscal challenges in a more comprehensive and responsible way. We must work together to control government spending, simplify our tax code, and begin to gradually eliminate our deficits.

That is the only way we will fix our nation's balance sheet over the long term.

The deficit commission's recommendations, while far from perfect, represent a courageous first step in tackling our national debt in ways that will make our nation competitive for the 21st century:

- ❖ The commission laid out a plan to accelerate healthcare savings in Medicare and Medicaid, and it provides a responsible roadmap to strengthen Social Security for the next 75

years. The commission's plan protects Social Security, and does not use Social Security funds to balance the budget.

- ❖ It dramatically simplifies a tax system in serious need of an overhaul. It proposes closing loopholes and phasing out some deductions while lowering overall tax rates for individuals and corporations.

- ❖ It puts everything on the table, including entitlement programs and defense spending. We believe that this has to be part of the discussion, too.

As you might imagine, various political opponents and special interests already are mobilizing to short-circuit our work on this legislation, which demonstrates why this is such a difficult challenge. It also shows why Washington's typical political response has always been to kick this can down the road, and push the tough choices to another day:

- ❖ These choices do not get any easier simply by delaying action. Every day that we put off these difficult decisions, an average \$4 billion is added to the national debt.

- ❖ Every dollar that we spend simply paying the interest on our nation's staggering debt is disappearing into a fiscal sinkhole. These are resources that cannot be targeted toward creating jobs, expanding the U.S. economy or addressing any of our other shared priorities.

While there are plenty of recommendations in the commission's plan that I would not have chosen, this much is crystal clear to me and the other members of our bipartisan coalition: We simply cannot postpone this difficult discussion any longer.

Warner, a co-founder of Nextel and former Virginia governor, is a member of the Senate's Banking, Budget, Commerce and Intelligence committees. He can be reached at www.warner.senate.gov.

LETTERS TO THE EDITOR

Abuse of Authority

An Open Letter to Superintendent Dale:

Your email to the Stuban family of Feb. 21, 2011, is an affront to the entire community.

Their only child, a good student, an outstanding athlete, a contributing and productive member of the community, is dead.

And your response is to breezily note that they "might be interested to know that many student discipline laws passed by the Virginia General Assembly compel us to take certain actions ..."

No law, no regulation, no rule compelled the school to respond to this child, to this family, in the manner FCPS did.

I sincerely hope that you, and every adult at FCPS who had a role in this process, will take the time to consider, deeply, the decisions that were made and the impact of those decisions.

This child and this family trusted that FCPS would treat them fairly and exercise some level of reason-

ing and judgment. Their trust was misplaced.

A 15-year-old child is dead. ... Your response is to direct the grieving parents to the SR&R.

As Kate Walsh, a member of Maryland's State Board of Education, so well said, "every aspect of what happened to that boy in Fairfax County is an abuse of school authority."

May Nick Stuban rest in peace. And may we as a community all bear the shame and responsibility for entrusting him, and the other children of Fairfax, to school officials who demonstrated a complete and utterly reckless disregard for any measure of fairness or reason or concern for this child or his life.

Margaret Ackerley
McLean

Assembly Held Hostage

To the Editor:

In the February 16-22 issue, the lead editorial opined that Governor McDonnell should sign the

recently passed legislation "that would require some insurance companies to provide limited but critically important coverage for therapy for children with autism."

Yes, I agree completely that the governor should sign the bill. However, the editorial fails to criticize the General Assembly, in particular the House of Delegates, for not providing more. The sad truth is that the coverage truly is "limited" and that the General Assembly again shows how it is held hostage by corporate power, in this case the insurance companies.

The article by Julia O'Donoghue in the same edition provides the broader picture. While 23 other states have passed bills on mandated autism coverage, the one passed by Virginia is the most limited. Virginia's will only apply to children aged 2-6 and will have an annual cap of \$35,000. Most other states allow a wider age range (some into adulthood) and have a higher cap (one has no cap at all). And the number of families who might benefit from the mandated therapy coverage is extremely limited since the legisla-

tion does not apply to companies with 50 or fewer employees, does not apply to large companies that self-insure themselves, and does not apply to people who do not have health insurance through an employer but instead must buy insurance on the open market. Since the article points out that "at least 55 percent of people in Fairfax work for self-insured companies," it is easy to see how limited the legislation is.

And, so, for many families, the insurance companies will not have to provide the therapy at all and, when they do have to, will only have to pay for therapy for a small age-subset of people and a small cap. It is easy to see again that the General Assembly has bowed to the insurance companies. For the most part, insurance companies will still get away with what the mother of a child with autism says: "Some insurance companies charge higher premiums if an autistic child is on the policy. They charge more but they refuse to pay for treatment."

Michael Shaw
Reston



Alan Davis Becomes Eagle Scout

Alan R. Davis, 15, the son of Tom and Sandee Davis of Oak Hill, has become an Eagle Scout. Alan has been a scout of Troop 1257 since 2007, completing his Trail to Eagle on Feb. 7, 2011. This is also the second Eagle Scout for the Davis family.

For his Eagle Project, Alan chose to refurbish four sets of bleachers for Frying Pan Park's Outdoor Equestrian Center. In April 2010, Alan led his friends and fellow Scouts in successfully completing this project. Alan is attending Oakton High School as a freshman.

Town Council Adopts 'Community Vision'

Master Plan charts future downtown development.

At its public hearing on Feb. 22, the Herndon Town Council adopted a master plan for its downtown that, in the words of the adopted resolution, provides a "community vision for future downtown development."

Among its features, the adopted Downtown Master Plan includes recommendations concerning the type and location of future structures in the downtown; methods of ensuring quality development; and potential methods of financing necessary for desirable public infrastructure.

The adopted plan limits future downtown development to a maximum of four stories with a mix of three and four story buildings; denotes locations of semi-public plazas; and envisions future buildings that reflect the scale of traditional small town downtowns. The desire for the downtown to build upon its reputation as a place for entertainment and recreation is evident in the plan, as is the commitment to incorporate pedestrian and bicycle-friendly improvements.

The Downtown Master Plan's adoption by the Herndon Town Council follows months of public review and input. A Downtown Master Plan Steering Committee, appointed by the council at the project's

onset in 2009, worked with the town's planning staff and its team of project consultants, led by Urban Design Associates (UDA), to create a process that allowed for significant public input. UDA hosted public workshops, at which renderings were evaluated in detail; the Planning Commission held public hearings throughout the planning process; and the Town Council held public hearings. The planning effort incorporated the many facets of planning and development including urban design, architecture, engineering, land economics, public infrastructure, traffic impacts and historic preservation.

"The end result of all of this time, energy and commitment on behalf of our citizens is a Downtown Master Plan that communicates clearly and decisively our community's vision for Herndon's downtown, well into the future," said Mayor Steve DeBenedittis. "Developers who approach the town now have a much better sense of the type, size and location of projects we are seeking. This will greatly enhance opportunities for successful development of Herndon's downtown in a manner that meets our community's needs while respecting our character and heritage."

The adopted Downtown Master Plan resolution, as well as block-by-block renderings of the plan, will be available for review at www.herndon-va.gov, Planning/Zoning.

WEEK IN HERNDON

Police Investigate Armed Robbery

Three men entered a pizza restaurant in the 2400 block of Centreville Road in the Herndon-area of Fairfax County on Monday, Feb. 21, shortly before 9 p.m. Two of the men were armed with handguns; one announced a robbery. One suspect obtained an unknown amount of cash from the register and all employees were robbed of personal items; there were no injuries.

The suspects fled east on foot from the front of the business.

All three suspects were described as having light skin, unknown age, 5 feet 8 inches to 5 feet 10 inches tall, 160 to 175 pounds, dressed in all black.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Herndon Townhouse Lost in Fire

Fairfax County Fire and Rescue Department units responded to a townhouse fire, Thursday, Feb. 24, at approximately 8:40 p.m. in the Herndon area at 13317 Schwenger Place.

Firefighters encountered heavy smoke and fire coming from both floors of the two-story, end unit townhouse upon arrival. Firefighters initially conducted defensive fire operations until the bulk of the fire was knocked down. They then went inside and conducted an interior fire attack and searched for occupants. It took firefighters approximately 20 minutes to bring the fire under control. The townhouse had been vacant for an undetermined amount of time. There were no injuries.

The townhouse is a total loss. The cause of the fire is under investigation.

7 Things You Must Know Before Putting Your Home Up for Sale

Washington, D.C. —A new report has just been released which reveals the 7 costly mistakes most homeowners make when selling their home, and a 9 Step System that can help you to avoid them and sell your home fast and for the most money.

This industry report shows clearly how the traditional approaches to selling homes have become increasingly less effective in today's complex and fast paced society. The fact of the matter is that three quarters of home sellers don't get what they want for their homes, become disillusioned and – worse – financially disadvantaged when they put their homes on the market.

As this report shows, most home sellers

make the same 7 deadly mistakes costing them thousands of dollars needlessly. The good news is that each and every one of these mistakes is preventable. In answer to this issue, industry insiders have prepared a FREE, Special Report called, "The (Step System to Get Your Home Sold Fast and For Top Dollar."

To learn more and order your personal copy of this FREE Special Report just call, toll-free, 1-800-363-0356 and when prompted enter ID # 2012. You can call any time, 24 hours a day, 7 days a week. Get this FREE Special Report NOW to find out how you can get the most money for your home in today's market.

Provided by PenFed Realty, LLC Reston, VA Copyright© 2011. This is a no-obligation community service

Paid Advertisement

IF YOU DO YOUR HOMEWORK, WE'LL DO YOUR HOUSEWORK
"COMPARE PRICES, CHECK REFERENCES"



MA Stevens Services
703-979-1265 MAStevensServices.com

Get Ready for Spring!

Early Season Color

**PANSIES • PRIMROSES
HELLEBORUS • WITCHHAZEL**

Great selection –

**Vegetable & Flower Seeds,
Soils and Supplies**

Now arriving –

**Fresh Trees, Shrubs &
Dormant Plantable Roses**

Plus Everything for Spring Lawn Care!

Merrifield's Custom Landscaping Services

Be ready to enjoy the beauty of your landscape – call 703-560-6222 to schedule a consultation with one of our creative designers!

And in our tropical greenhouses –

**An outstanding collection of Orchids,
Foliage and Seasonally Blooming Plants**

FREE SEMINARS THIS SATURDAY, MARCH 5 AT 10 AM

Merrifield – Water Gardening • Fair Oaks – Spring Flowering Trees
Gainesville – A Hands On Approach To Pruning

Stop by our stores or our website for the full schedule

Merrifield
GARDEN CENTER

40th ANNIVERSARY
1971-2011

MerrifieldGardenCenter.com

Merrifield • 703-560-6222
8132 Lee Hwy., Merrifield, VA

Fair Oaks • 703-968-9600
12101 Lee Hwy., Fairfax, VA

Gainesville • 703-368-1919
6895 Wellington Rd., Gainesville, VA

Hours: Monday - Saturday 8 am - Dark
Sunday 9 am - 6 pm

OPEN HOUSES

Saturday & Sunday, March 5 & 6



1956 Barton Hill Rd., Reston • \$749,950 • Open Sun. 1-4
Kathleen Quintarelli, Weichert, 703-862-8808

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.

Reston

1956 Barton Hill Rd.\$749,950.....Sun. 1-4.....Kathleen Quintarelli.....Weichert.....703-862-8808
 10816 Oldfield Dr.....\$559,900.....Sun. 1-4.....Stan Goldberg.....Weichert.....703-941-0100
 2225 Double Eagle Ct.....\$411,995.....Sun. 1-4.....Steve Spear.....Coldwell Banker.....703-361-9161

Herndon

12404 Shallow Ford Ct.....\$449,900.....Sun. 1-4.....Nancy Kane.....Weichert.....703-938-6070
 2556 Chase Wellesley Dr.....\$369,000.....Sun. 1-4.....Debbie Tritle.....Weichert.....703-821-8300

Great Falls

754 Ellsworth Ave.....\$1,699,999.....Sun. 1-4.....Dianne Van Volkenburg.....Weichert Realty.....703-980-4553
 1078 Mill Field Court.....\$1,999,000.....Sun. 1-4.....Jane Price.....Weichert.....703-628-0470
 401 River Bend Rd.....\$1,425,000.....Sun. 1-4.....Ronnie Lancaster.....ZipRealty.....703-966-5766

Vienna

2701 Bellforest Ct. #409.....\$330,000.....Sun. 1-4.....Ron Fowler.....Weichert.....703-691-0555
 903 Plum St., SW.....\$1,274,000.....Sun. 1-4.....The Belt Team.....Keller Williams.....703-242-3975
 9627 Podium Dr.....\$639,000.....Sun. 1-4.....The Belt Team.....Keller Williams.....703-242-3975

McLean

1008 Eaton Dr.....\$1,545,000.....Sun. 1-4.....Jane Price.....Weichert.....703-628-0470

Ashburn

21925 Gullane Way.....\$549,900.....Sun. 1-4.....Diana LeFrancis.....Century 21.....703-930-6682
 21925 Gullane Way.....\$549,900.....Sat. 1-4.....Denene Crabbs.....Century 21.....202-487-4949

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.

ENTERTAINMENT

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

THURSDAY/MARCH 3

Peter Shaffer's "Equus." 8 p.m. George Mason University TheaterSpace, 4400 University Drive, Fairfax. A psychosexual crime drama about a disturbed 17-year-old. This production contains explicit scenes and nudity. \$12 adults, \$8 students, seniors and groups. Charge at 888-945-2468 or cfa.gmu.edu.
Leon Redbone. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. www.wolftrap.org.

FRIDAY/MARCH 4

Peter Shaffer's "Equus." 8 p.m. George Mason University TheaterSpace, 4400 University Drive, Fairfax. A psychosexual crime drama about a disturbed 17-year-old. This production contains explicit scenes and nudity. \$12 adults, \$8 students, seniors and groups. Charge at 888-945-2468 or cfa.gmu.edu.
Giving Circle of HOPE-Grantee Celebration. 7:30 p.m. Midtown at Reston Town Center, 11990 Market Street, Reston. In honor of 12 nonprofit organizations in Northern Virginia. 703-408-1354 or www.givingcircleofhope.org
Artist's Reception for Enid Sport-Stewart. 6-8 p.m. at the Reston Museum, 1639 Washington Plaza in Reston. Sport-Stewart is a longtime pottery instructor for the Reston Community Center Lake Anne. The show and sale continues through April 25. 703-709-7700 or www.restonmuseum.org
Discovery Series: Wind Quintet Imani Winds. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$35. www.wolftrap.org.

SATURDAY/MARCH 5

Tango Buenos Aires: "Fire and Passion of Tango." 8 p.m. George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Dancers, vocalists and instrumentalists trace the history of the Argentine Tango. Tickets are \$23-\$46 at 888-945-2468 or cfa.gmu.edu.
Peter Shaffer's "Equus." 2 p.m. and 8 p.m. George Mason University TheaterSpace, 4400 University Drive, Fairfax. A psychosexual crime drama about a disturbed 17-year-old. This production contains explicit scenes and nudity. \$12 adults, \$8 students, seniors and groups. Charge at 888-945-2468 or cfa.gmu.edu.

Opening Reception and Gallery

Talk. 7 p.m. ArtSpace Herndon, 750 Center St., Herndon. The "Fine Art Photography Exhibit." Free and open to the public. 703-956-6590 or www.artspaceherndon.org.

"Emerging Visions: A Sense of Place" Opening Reception

5-7 p.m. Greater Reston Arts Center, Reston Town Center, 12001 Market St. Suite #103, Reston. Works from Herndon and South Lakes High Schools student artists and writers, who collaborated to combine visual art and language. 703-471-9242 or www.restonarts.org/Archives/Journey.htm.

Pianist John Eaton: The Fabulous '40s. 7:30 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$25. www.wolftrap.org.

SUNDAY/MARCH 6

Tango Buenos Aires: "Fire and Passion of Tango." 4 p.m. George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Dancers, vocalists and instrumentalists trace the history of the Argentine Tango. Tickets are \$23-\$46 at 888-945-2468 or cfa.gmu.edu.
Peter Shaffer's "Equus." 2 p.m. George Mason University TheaterSpace, 4400 University Drive, Fairfax. A psychosexual crime drama about a disturbed 17-year-old. This production contains explicit scenes and nudity. \$12 adults, \$8 students, seniors and groups. Charge at 888-945-2468 or cfa.gmu.edu.

Master Singers of Virginia: Songs of Life and Celebration. 7 p.m. Church of the Epiphany, 3301 Hidden Meadow Drive, Herndon. A 27-member a cappella ensemble under the direction of Dr. Erik Jones. New music by Estonian composer Veljo Tormis, three works by Norwegian composer Knut Nystedt, folk songs, spirituals and more. Tickets \$12-\$17. www.msva.org or 703-829-MSVA.

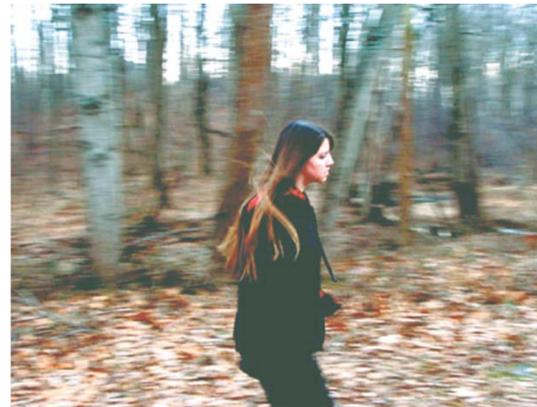
Shrove Tuesday Pancake Supper. 6-7:30 p.m. St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Pancakes, French-toast sticks, ham, applesauce, coffee, apple juice and milk. Proceeds benefit the Youth Group's mission trip to Dungannon, VA in August. Tickets \$14 family, \$8 adults. Leftover food will be donated to the Embury Rucker Community Shelter in Reston. 703-437-3790 or www.saint-timothys.org.

TUESDAY/MARCH 8

Shrove Tuesday Pancake Supper. 6-7:30 p.m. St. Timothy's Episcopal Church, 432 Van Buren St., Herndon. Pancakes, French-toast sticks, ham, applesauce, coffee, apple juice and milk. Proceeds benefit the Youth Group's mission trip to Dungannon, VA in August. Tickets \$14 family, \$8 adults. Leftover food will be donated to the Embury Rucker Community Shelter in Reston. 703-437-3790 or www.saint-timothys.org.

WEDNESDAY/MARCH 9

California Guitar Trio 20th Anniversary Tour. 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. www.wolftrap.org.



Untitled photograph by Marie Carnogursky and Juliana Holland. The "Emerging Visions: A Sense of Place" Opening Reception will be Saturday, March 5 from 5-7 p.m. at Greater Reston Arts Center, Reston Town Center, 12001 Market St. Suite #103, Reston. In celebration of Youth Art Month, GRACE presents new work from Herndon and South Lakes High Schools student artists and writers, who collaborated to combine visual art and language. The exhibit will be on display through April 14, gallery hours are Tuesdays-Saturdays, 11 a.m.-5 p.m. 703-471-9242 or www.restonarts.org/Archives/Journey.htm.

THURSDAY/MARCH 10

Jennifer L. Nelson's "24, 7, 365." 8 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. Attitudes about race, class and social activism are put under a humorous microscope. \$25. cfa.gmu.edu.

FRIDAY/MARCH 11

Celtic Woman: Songs from the Heart. 8 p.m. at George Mason University Patriot Center, 4500 Patriot Drive, Fairfax. Irish classics, contemporary covers and original compositions. Tickets \$34-\$79, available at www.ticketmaster.com or 703-573-SEAT. www.celticwoman.com.

Jennifer L. Nelson's "24, 7, 365." 8 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. Attitudes about race, class and social activism are put under a humorous microscope. \$30. cfa.gmu.edu.

"The End of Suburbia: Oil Depletion and the Collapse of the American Dream." 7 p.m. Nature House at Walker Nature Education Center, 11450 Glade Drive, Reston. Film and discussion. \$5 donation to Friends of Reston and Fairfax Coalition for Smarter Growth/

Reston, Herndon Runners Earn State Honors

Herndon and Reston area runners participated in the VHSL Group AAA State Indoor T&F Championships in Hampton on February 25-26. <http://va.milesplit.com/meets/81246>

The Thomas Jefferson 4x800 relay team of Sarah Nielsen (Reston), Stephanie Marzen, Lisa Junta, and Ronit Malka dropped 9 seconds from their 2nd place Regional Championship performance (9:39.10) and finished in 6th place to earn All-State honors.

All-Region runner Jonathan Phillips (Herndon) ran a 9:50.42 in the boys 3200m at states for 15th place.

At the NoVa Indoor Track Regionals on Feb. 19, Mary Kim Weidman (Reston) posted a season best of 31'5.5" in the girls triple jump to finish 11th.



Sarah Nielsen (Reston)



Mary Kim Weidman (Reston)



Jonathan Phillips (Herndon), first on left

Mountcastle
Plastic Surgery & Vein Institute

FREE VEIN SCREENINGS

March 18 • 9-6 p.m.
March 28 • 9-6 p.m.

To attend these FREE varicose vein screenings, call now.
703.858.3208

\$100 OFF
1st Sclero Session

BEFORE

AFTER

Timothy Mountcastle, MD
 21785 Filigree Ct., Suite 206, Ashburn, VA 20147 | 224-D Cornwall St., Suite 304, Leesburg, VA 20176
 703-858-3208 | www.MountcastlePlasticSurgery.com | www.Vein-Cure.com

HAIL DAMAGE

Dear Homeowner:

If you live in Northern Virginia, your siding and perhaps your roof and gutters may have been damaged by recent hailstorms. Locally based **Wadden Construction**, insurance replacement specialists for the past 15 years, has helped thousands of residents with their damage claims. If your home has hail damage, you may be entitled to a combination of a new roof, gutters and complete wrap of your home with a quality vinyl product.

The damage to the siding appears as indentations ranging from pea size to quarter size. The pea size dents are difficult to see without a trained eye. So please do not dismiss this letter if you cannot see the damage, as practically every home in your area was hit by hail. You may have damage and not even know it. Whatever the size, you may indeed be entitled to a complete vinyl wrap of your home.

Not all siding and Roofing products are created equal. Wadden Construction, **PREFERRED CONTRACTOR FOR NORANDEX and CERTAINTED**, is proud to use the Norandex Sagebrush (.050) the thickest vinyl siding on the market, and the Certainteed Landmark Lifetime warranty Architectural shingle.

Please call Wadden Construction at
(703) 641-0171

For a FREE Inspection
 VA Contractor License #2705-056733

Hornets' Outstanding Season Ends at Region Semifinals

Hamilton-led Herndon boys won district crown, reached Region Final Four.

BY RICH SANDERS
THE CONNECTION

In the end, Northern Region boys' basketball stalwart T.C. Williams had just enough to hold off a determined Herndon High squad in the region tournament semifinals game played at Robinson Secondary Feb. 26.

The Titans, a perennial boys' basketball power over the years, were assured of their 64-61 win only after Austin Hamilton's three-point attempt to tie the game fell short at the final buzzer.

"We never gave up," said Herndon junior front court player Patrick McLaughlin. "We fought to the end. We have a lot of pride. It's been a fun [postseason] ride."

T.C. Williams was scheduled to meet upstart Annandale High in the region title on Monday, Feb. 28. The Atoms, the Patriot District runner-up, reached the finals by defeating Langley High in the first semifinals game played Feb. 26.

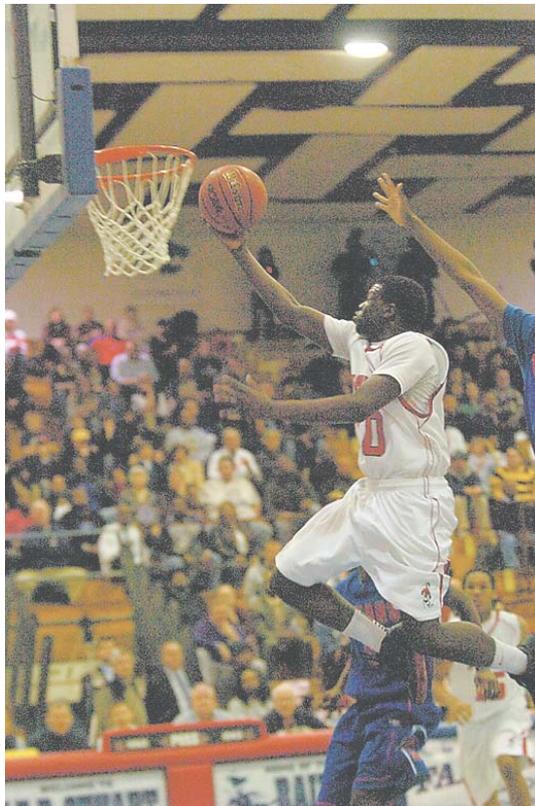
Herndon (23-3), this year's Concorde District champions, enjoyed a spectacular season and fell just one region playoff win short of reaching the finals and qualifying for the Virginia State AAA playoffs for the first time since 2006 when Gary Hall was head coach and former Hornet superstar Scottie Reynolds led the team to the state finals.

Herndon, under fourth year head coach Chris Whelan, was the top seed at the Concorde District tournament two weeks ago. There, the Hornets reached the finals where they defeated defending region champion Chantilly, 64-58, on Feb. 18.

That gave the Hornets plenty of momentum going into the 16-team region tournament, where they won their first round game over W.T. Woodson, 66-61, on Feb. 21, before defeating local cross-town rival South Lakes, 87-76, two days later in the quarterfinals. Both of those region playoff wins took place at Herndon.

The Hornets used a balanced scoring attack to defeat Woodson. Both Austin Hamilton, Herndon's star guard and this year's Northern Region Player of the Year, and fellow backcourt member Jonathan Beltran scored 17 points against the Cavaliers. McLaughlin scored 15, while senior guard Raleigh McKenzie and freshmen DeAndre Thomas scored eight and seven points, respectively.

In the second round win over South Lakes, Herndon trailed the Seahawks, 25-23, before outscoring them, 22-12, in the



Herndon's Austin Hamilton, this year's Northern Region Player of the Year, goes up for a basket during the Hornets' semifinals game versus T.C. Williams Feb. 26 at Robinson.

second quarter to take a 45-37 halftime lead. Herndon went on to defeat South Lakes, which put together a solid 14-12 season record and reached the Liberty District tournament finals under first year head coach Andrew Duggan. The Seahawks had beaten Falls Church, 61-53, in a first round region tournament game to advance to the quarterfinals meeting against Herndon.

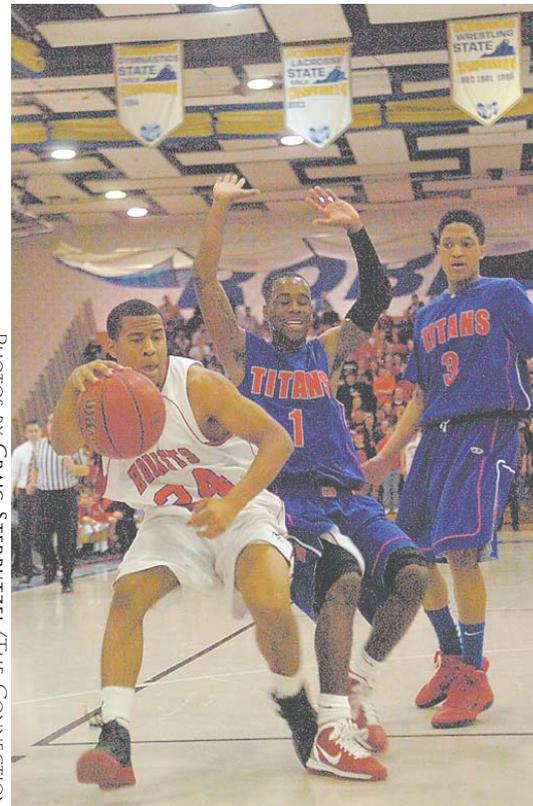
Herndon's Hamilton, a senior, scored a game-high 33 points in his team's victory over the Seahawks. Beltran, meanwhile, tallied 22 points and junior Marques Berry 10 for the winners. Other scoring contributions for the Hornets came from Thomas (8 points), McLaughlin (7), and McKenzie (6).

South Lakes had a huge game from junior forward D.J. Christian (26 points). The Seahawks, in their balanced scoring attack, also received stellar games from senior forward Darius Smith (17 points), junior guard J.D. Wallace (13), and senior guard Joe Daye (12).

Earlier in the season, Herndon had beaten the Seahawks in two December contests. While the Hornets won those meetings by 15 and 16 points, Hamilton knew Herndon would be playing a better, more seasoned South Lakes team in the region playoff meeting.

"It's tough with them being a rival and playing them a third time," said Hamilton. "South Lakes played a great game."

IN THE REGION SEMIFINALS, Herndon, riding a 13-game winning streak, played T.C. Williams (23-5) tough the entire way. The Titans, who entered the game having won eight straight, surged out to a 10-2 lead to



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Raleigh McKenzie of Herndon High maneuvers with the ball around a couple of Titan players during the Feb. 26 region semifinals boys' basketball playoff game.

start the game, a three-pointer from the left corner by junior guard Jordan Byrd capping the scoring spell. But Herndon, over the final 2 minutes, 42 seconds of the opening quarter, found its feet and outscored the Titans 10-1 to close the quarter with a 12-11 lead. The final points of the 10-1 Herndon run came when Hamilton (32 points, 8 rebounds), off an assist pass from McKenzie (5 points), was fouled while scoring a layup with one second left. His ensuing free throw made it 12-11.

Later in the half, Hamilton nailed an 18-foot jump shot off the left wing to give Herndon a 23-17 lead with 1:32 left in the second quarter. But the Titans, in the final minute, scored three baskets to tie the game, 23-23, at the half.

Herndon continued to keep the pressure on the heralded Titans in the third quarter. Beltran, who scored all 11 of his points in the second half, drained two 3-pointers over the first minute of the half, the latter from the left wing area to give the Hornets a 29-24 lead. A few minutes later, Herndon's lead was 33-28 following a driving, underhanded close range basket by Hamilton with 5:10 left in the third quarter. But the Titans went on a 15-6 scoring spurt over the remainder of the quarter and held a 43-39 lead going into the fourth quarter.

Herndon, three minutes into the final quarter, was within 47-46 after Hamilton converted a pair of free throws. T.C., however, scored eight straight points thereafter to go ahead 55-46 with about three minutes remaining.

But Herndon would not fold. Trailing 57-48 with less than two minutes remaining,

McKenzie, the Hornets' clutch backcourt player, made a three-pointer to make it 57-51 with 1:35 left to play. Later, Herndon got within 61-58 when Hamilton converted a rebound follow-up basket while being fouled. He made the free throw to get his team within three points with 31 seconds remaining.

Herndon's final basket came on a driving layup off the left side by Beltran, who was falling down as he made the basket, which got the Hornets within 63-61 with five seconds left. A T.C. Williams foul shot with four seconds left made the score 64-61. But following a T.C. second shot miss from the line, McLaughlin (8 points, 10 rebounds) rebounded the ball and got it to Hamilton, who quickly moved the ball down the court before pulling up for a long three-point try from the right side. The shot came up short and the Titans had come away with the dramatic win.

T.C. was headed to a finals meeting with Annandale while Herndon's season had concluded.

"They're a tough team, very athletic," said Hamilton, of T.C. "They beat us on the boards [40-27], that's what beat us. They had more height."

"It was a tough game," said McLaughlin. "They're an intimidating team. But once we got settled down, we believed we could beat these guys."

"We showed a lot of heart this year. It's tough to lose this game [to T.C.], but I'm very proud of my guys."

— Austin Hamilton

McLaughlin said Herndon's best player, Hamilton, played a terrific game, as usual.

"He's stepped up in every big game we've played," said McLaughlin.

"It's a privilege to have played with him," said Beltran, of his three varsity seasons as a teammate of Hamilton. "You don't find too many guys like him. He can take over a game and he's unselfish."

Hamilton, the best player in the region, said he will always remember Herndon's phenomenal season.

"I'll never forget it," he said. "We beat Chantilly in the [district] championship game. We showed a lot of heart this year. It's tough to lose this game [to T.C.], but I'm very proud of my guys."



Molly Bouffard

Molly Bouffard Debuts in The Threepenny Opera

Molly Bouffard, a 2009 graduate of Herndon High School, has been cast in the role of Lucy Brown in Longwood University's production of *The Threepenny Opera*, which runs for two weekends.

The *Threepenny Opera* by Bertolt Brecht and Kurt Weill is based on *The Beggar's Opera* that premiered in 1728 and was revived in London in 1920. This year's musical—a collaboration between Longwood Theatre and Opera Workshop—will feature parody, satire and pop opera through story-songs such as "Mack the Knife," "Pimp's Ballad," and the "Jealousy

Duet." This show is recommended for mature audiences.

Bouffard, a Longwood sophomore and vocal performance major, is the daughter of Bill and Sue Bouffard of Herndon. Last season she participated in Opera Workshop's *I Hear America Singing*.

The *Threepenny Opera* will be presented March 3-6, Thurs.-Sat., at 7 p.m. and Sundays at 3 p.m. in the Center for Communication Studies and Theatre's Mainstage Theatre in Farmville. For more information, contact the Box Office at 434.395.2474 or boxoffice@longwood.edu.

FAITH NOTES

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

Rev. Dr. Norman A. Tate is inviting the community to March Gladness, a weekly Spring Revival each Wednesday during the month of March, beginning on March 9 at the Heritage Fellowship Church. March Gladness will feature a dynamic revivalist each week beginning with a praise and worship service at 7 p.m. at the church. Heritage Fellowship Church is located at 13515-C Dulles Technology Drive in Herndon. For more information, contact the church at 703-620-9515, Monday through Friday, between 9 a.m. - 5 p.m. or email jjerebee@heritagefellowshipchurch.org.

St. Timothy's Episcopal Church, 432 Van Buren St. in Herndon, will offer Ash Wednesday services on March 9 at 6:30 a.m., 12:15 p.m. and 7:30 p.m. All are welcome. 703-437-3790 or www.saint-timothys.org.

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.

COMMUNITIES OF WORSHIP



GOOD SHEPHERD
LUTHERAN CHURCH
Making more and better disciples of Christ

1133 Reston Avenue, Herndon, VA 20170
Worship: Sunday, 8:00 A.M. and 11:00 A.M.
Sunday School: 9:30 A.M.

Church Office: 703.437.5020
 Preschool: 703.437.4511
www.gslcva.org

Child care available at all services



Progressive & Welcoming

ST. ANNE'S EPISCOPAL CHURCH • Reston



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

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

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



LivingFaith A.M.E. Church

"Serving the People of God"

SHERATON RESTON HOTEL

SUNDAY SCHOOL 9 A.M.
 SUNDAY WORSHIP 10 A.M.

LET US WORSHIP GOD TOGETHER

Rev. Dr. Peter G. Taylor, Pastor
 703-899-8378 LivingFaith4U.org

Herndon United Methodist Church

www.HerndonUMC.org

Sundays

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

other weekly services

5:30 PM Saturdays: Relax & Renew, Casual Worship Service
 6:30 PM Wednesdays: Chapel, Prayer Service

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

To Highlight your Faith Community,

Call Karen at 703-917-6468



THE CONNECTION
NEWSPAPERS

If you do not get The Oak Hill/Herndon Connection delivered to your home...

FIRST CLASS MAILED SUBSCRIPTIONS are now available for the first time with timely postal carrier delivery: \$30 for six months. *Help us meet the costs of providing first-rate community journalism on newsprint to your household.*

Call 703-778-9426 (or -9427) or e-mail circulation@connectionnewsletters.com



familyfunpack

Saturday, March 5th vs. Timberwolves @ 7pm

4  + 4  +  +  *Redeemable Online

Starting at \$59

For Tickets | Click WWW.WASHINGTONWIZARDS.COM
 Call 202.661.5050 | Text "WIZDEAL" to 71855

WWW.WASHINGTONWIZARDS.COM




FOLLOW US ON  & 



Scan here to unlock additional content.



ZONE I: • RESTON
• HERNDON • LOUDOUN

EMPLOYMENT

703-917-6464

ZONE I AD DEADLINE:
TUESDAY 4 P.M.

BUSINESS OPP

BUSINESS OPP

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



Nysmith School Preschool to 8th Grade Now Hiring

College Degree Required

• General Elementary Music Teacher
with band instruction experience.
Send resumes to: resume@nysmith.com
FAX: 703-713-3336

RECEPTIONISTS, FT & PT

Must love Dogs. Groom 'N Glory Pet Salon in Centreville seeks responsible, caring, motivated individuals for F/T & P/T Receptionists positions. Tues-Sat.
Call: 703-830-5574

EDUCATION TRAINING

Pharmacy Technician Trainees Needed Now!

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

MED BILL & CODING Trainees NEEDED NOW

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

DENTAL ASSISTANT TRAINEES NEEDED NOW!

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

HOW TO SUBMIT ADS TO



CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

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

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Barbara @ 703-778-9413

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Make Believe



By KENNETH B. LOURIE

There's a part of me (a bigger part than I would like to admit) that is afraid to be honest with family and friends concerning my cancer and the cancer-related circumstances with which I might be dealing, sooner rather than later. Conflicted doesn't begin to describe that thought process. Do I or don't I, is the short question. The longer answer is what follows in this column.

If, as a cancer patient, I sound good and look good, then people won't react negatively to me - and thereby won't express nearly the level of concern that they would if my manner and appearance were not positive. And if in turn, people are reacting positively to me, then I won't be feeling bad about what I'm hearing. And if I don't feel bad about what I'm hearing, then maybe the cancer won't have reason to assert itself. Moreover, if I refuse to give the cancer its rightful due/level of significance, maybe it won't move and/or grow as per diagnosis-to-date, it hasn't?

However, if my desire/strategy of not involving/not alarming people about certain thoughts/fears I'm experiencing - as sort of a ruse to not elevate cancer's insidious hold on/in me, is merely just an amateurish attempt - by me, at mind over what matters, then maybe I'll be neglecting signs/symptoms that really matter. Ultimately, who am I kidding? Not that any of this is a laughing matter, but I doubt denial is a medically-prescribed and prudent course of treatment. Still, there seems to be a self-preservation instinct in me which prevents me from being honest with myself - and with the people closest to me, in some delusional attempt at hiding the truth behind a mask of normalcy and/or maybe even indifference: if I don't speak of it, don't admit to it, maybe it doesn't really exist/isn't that serious?

In my mind, as soon as I start admitting to having symptoms, then the slippery slope upon which all cancer patients teeter starts pitching forward and downward, hastening an inexorable descent to a premature death. If I don't utter the words or accept what's happening to me, maybe it won't actually happen. Naive? Denial? Wishful thinking? A great attitude? Totally wrong? Whatever works for me? All of it, none of it. Ergo my confusion and "confliction," to quote one of the many made-up words from my deceased father's unique vocabulary. No one told me this cancer trip was going to be easy. In fact, I was told that it was going to be the most difficult thing I've ever done; they weren't lying.

A supposed justification for my awkward sort of behavior; this lack of honesty, fear of some truths/inevitable, is a meager attempt - by yours truly, at saving myself from myself; any part in a storm. And I'm certainly in the middle of a storm. A storm, the likes of which I've never experienced before. Having experienced it now going on two years, I will admit to one thing: confusion. I never know from one day to the next how I'll feel, what I'll feel; is it the cancer, is it middle age? Am I outliving my diagnosis because of, or in spite of what I'm doing (some non-Western pursuits, in addition to the standard protocols I'm following)? Should I be changing my tactics? Adding something (mega doses of vitamin D, as an example) or stopping something (the eight tablespoons of pureed, canned asparagus I consume every day)? I don't know anything, really. I've been a pretty good listener, though. Pretending however, seems to be working.

The less said, the better - or maybe not?

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

INTENSELY INTERESTING

COMMUNITY INVOLVED

COMMITTED TO EXCELLENCE

THE CONNECTION NEWSPAPERS

www.connectionnewspapers.com

THE CONNECTION to your community

- The Alexandria Gazette Packet
- The Mount Vernon Gazette
- The Arlington Connection
- The Burke Connection
- Centre View North
- Centre View South
- The Great Falls Connection
- The Fairfax Connection
- The Fairfax Station/Clifton/
Lorton Connection
- The Oak Hill/Herndon Connection
- The McLean Connection
- The Reston Connection
- The Springfield Connection
- The Vienna/Oakton Connection
- The Potomac Almanac

- Great Papers
- Great Connections
- Great Readers!

ZONE I: • RESTON
• HERNDON • LOUDOUN

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-917-6400

ZONE I AD DEADLINE:
MONDAY NOON

CLASSIFIED

CLEANING

A CLEANING SERVICE
Since 1985/Ins & Bonded

Quality Service at a Fair Price
Satisfaction Guaranteed
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

ELECTRICAL

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

FLOORING

**Hardwood floor renewal
for about \$1 per square foot**
Dustless, Odorless
and Done in One Day

buff&coat
HARDWOOD FLOOR RENEWAL

571-315-5186 • 703-537-9699

GUTTER

PINNACLE SERVICES, INC.
LAWN SERVICE

MOWING, TRIMMING,
EDGING, MULCHING
& TRIM HEDGES
Group Rates Avail.!

703-802-0483

IMPROVEMENTS

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

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

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811

R.N. CONTRACTORS, INC.

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

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

GUTTER

PINNACLE SERVICES
•GUTTER CLEANING
•SMALL REPAIRS
•SCREENING
•POWER WASHING

703-802-0483
GROUP RATES
AVAILABLE
FREE EST.

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office,
yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell
7 DAYS A WEEK

HAULING

ANGEL'S TRASH REMOVAL
•Junk & Rubbish •Furn.,
Yard, Construction
Debris •Tree Leaf
& Snow Removal
703-863-1086
703-582-3709

LANDSCAPING

ANGEL'S LAWN MOWING
•Trimming •Leaf & Snow
Removal •Yard Cleaning
•Hauling •Tree Work
703-863-1086
703-582-3709

PAINTING

PATRIOT PAINTING
www.PatriotPainting.net

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

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

703-502-7840
Cell
571-283-4883

ROOFING

Roofing & Siding
(All Types)

Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small
703-975-2375

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
• Leaf & Snow Removal
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709

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

IMPROVEMENTS

R&N Carpentry

◆BASEMENTS ◆BATHS ◆KITCHENS
Foreclosure specialist/Power washing
◆Exterior Wood Rot More!
Deck & Fence repair, Screen Porches
No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

LANDSCAPING

SOD

Cut FRESH Daily
www.chantillyturffarms.com
703-327-0908
Homeowners & Contractors

J.E.S Services
LANDSCAPE & CONSTRUCTION

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

Call: 703-912-6886
Free Estimates

MASONRY

One of the Oldest Masonry Companies in NOVA
Owned & Operated by The Cadle Family since the 1950s

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

**BRICK - FIELDSTONE
FLAGSTONE - CONCRETE**

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

See our web site for ideas, pictures & coupons:
www.masonryspecialist.com
All Work Guaranteed - Licensed & Fully Insured
Class A License #VA2705087240A

Employers:
Are your recruiting ads not working in other papers?
Try a better way to fill your employment openings



- Target your best job candidates where they live.
 - Reach readers in addition to those who are currently looking for a job.
 - Proven readership.
 - Proven results.
- THE CONNECTION**
to your community
- 703-917-6464
classified@connectionnewspapers.com
- Great Papers • Great Readers
Great Results!

21 Announcements

ABC LICENSE
Berk of Virginia, Inc trading as The Melting Pot Restaurant, Plaza America Tower IV 11730 Plaza America Dr, Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on Premise; Mixed Beverage Restaurant (seating over 150 seats) license to sell or manufacture alcoholic beverages. Barry Berkowitz (president)

21 Announcements

ABC LICENSE
Tuan Vu, trading as Reston Mercado, LLC, 1611 Washington Plaza N., Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer off Premises license to sell or manufacture alcoholic beverages. Tuan Vu, owner

I'am a slow walker, but I never walk back.
-Abraham Lincoln

26 Antiques

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

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."

THE CONNECTION NEWSPAPERS

CLASSIFIED

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

Fairfax



AUTO PARTS

WWW.FXPARTS.COM

We've Changed to NAPA to Better Serve Our Customers

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

10% OFF

EVERY ITEM IN THE STORE!

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

Expires April 5, 2011.

ONLY \$1.00

1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires April 5, 2011

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

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

CHANTILLY703-631-3800
14154-C Willard Rd.

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

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

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

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

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

NEWINGTON.....703-339-8300
8196-A Terminal Rd.
(Fairfax County Pkwy. at Terminal Rd.)

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

VIENNA.....703-281-5700
121 Church St., N.E.
(Behind Vienna Inn)

2 MANASSAS AREA LOCATIONS

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

MANASSAS/Rt. 234.....703-368-1002
(Metro).....703-631-1205
(Economy Auto Parts) 8106 Sudley Rd.

These stores are not affiliated with NAPA.

Fairfax



AUTO PARTS

**MOST STORES OPEN
NIGHTS & SUNDAYS**

PARTS PRO GROUP®
EVERYTHING AUTOMOTIVE

Full Line of Foreign & Domestic Parts
Complete Machine Shop Service