

Reston Founder Robert E. Simon Jr., with Reston Association
CEO Milton Matthews, explains the beginnings of Reston's
Lake Anne Plaza to the visiting Korean delegation.



Candidates Speak
Their Minds
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Good Food
For Good Health
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PHOTO BY MICHAEL MCKEE
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Reston Community Center

UPCOMING BOARD OF GOVERNORS MEETINGS

Dates and times subject to change. Please check our website for up-to-date information.

Monthly Board of Governors Meeting
Monday, March 7, 8:00 p.m.
RCC Hunters Woods

Finance Committee Meeting
Monday, March 28, 6:00 p.m.
RCC Hunters Woods

Joint Community Relations and Program/Policy Committees' Meeting
Monday, March 14, 6:30 p.m.
RCC Hunters Woods



SPRING Highlights!

To register or for more information, please visit our website at www.restoncommunitycenter.com

YOUTH

Bob Brown's Winter Puppet Show (All Ages)

Saturday, March 5 • 3:00 p.m.-4:00 p.m.
\$10 (Reston)/\$20 (Non-Reston) • RCC Hunters Woods

Creative Zone (3-4 years old)

Fridays, March 18 • 10:00 a.m.-11:30 a.m.
\$42 (Reston)/\$84 (Non-Reston) • RCC Hunters Woods
A Mommy and me program that will provide creative and stimulating hands-on activities with a specific theme each week.

Springtime Tea (2-5 years old)

Tuesday, March 22 • 10:00 a.m.-11:00 a.m.
\$5 (Reston)/\$10 (Non-Reston) • RCC Hunters Woods
Celebrate the arrival of spring at our tea, while parents and children enjoy crafts, cookie decorating and storytime.



ADULT

Citizenship Preparation (18 years and older)

Thursdays, March 10-May 5 • 7:00 p.m.-9:00 p.m.
\$15 (Reston)/\$30 (Non-Reston) • Southgate Community Center

Ballroom Dance (18 years and older)

Thursdays, March 31-May 26 • 6:30 p.m.-7:30 p.m.
\$50 (Reston)/\$100 (Non-Reston) • RCC Hunters Woods

Swing Dance (18 years and older)

Thursdays, March 31-May 26 • 7:30 p.m.-8:30 p.m.
\$50 (Reston)/\$100 (Non-Reston) • RCC Hunters Woods

TEEN

Spring into Road Rulz (11-18 years old)

Each day is 8:00 a.m.-5:00 p.m. • \$55 (Reston)/\$110 (Non-Reston)
Ropes Challenge Course Monday, April 18
Tour DC on Bike Tuesday, April 19
Horseback Riding Wednesday, April 20
Massanutten Waterpark Thursday, April 21

College Interview Skills (14-18 years old)

Sunday, March 13 • 3:00 p.m.-5:00 p.m.
\$25 (Reston)/\$50 (Non-Reston) • RCC Hunters Woods

Confident City Cycling I (13 years and older)

Thursday, May 19 • 6:00 p.m.-8:30 p.m.
\$25 (Reston)/\$50 (Non-Reston) • RCC Hunters Woods



SENIOR ADULT

National Museum of Women in the Arts (55 years and older)

Tuesday, March 29 • 9:00 a.m.-4:00 p.m.
\$40 (Reston)/\$80 (Non-Reston)

Knitting I (55 years and older)

Mondays/Fridays, March 21-May 9 • 10:00 a.m.-11:30 p.m.
\$25 (Reston)/\$50 (Non-Reston) • RCC Hunters Woods

MS Word II (55 years and older)

Wednesday, Thursday, March 30, 31 • 10:30 a.m.-12:30 p.m.
\$30 (Reston)/\$60 (Non-Reston) • RCC Hunters Woods



Reston Community Center
2310 Colts Neck Road, Reston VA 20191
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Candidates for two open spots on the Reston Association Board of Directors meet with the public Feb. 28 at the RA Headquarters.



PHOTO BY
ALEX MCVEIGH/
THE CONNECTION

Candidates Speak Their Minds

RA Board candidates share positions at forum.

BY ALEX MCVEIGH
THE CONNECTION

Seven candidates for the Reston Association Board of Directors presented their positions Monday night at RA headquarters, with five vying for an At-Large position and two for the Hunters Woods/Dogwood spot. Each candidate discussed their views for the future of Reston, what committees they would like to be involved with if elected and other important issues.

A Reston resident since 2006, Andy Sigle has hosted "Reston Today" for the last few years, and said that increased his knowledge of Reston's issues. He said he hopes to keep the RA assessment at a reasonable level and make sure that residents receive "maximum value" from the RA.

"There's been discussion about the need for more communication and transparency from the board, and I want to be part of the solution," Sigle said.

Jason Carlo has lived in the Reston/Herndon area his entire life, which he says gives him special perspective on Reston's growth, having witnessed much of it already. As a business development manager with Sprint and a volunteer Fire/EMS lieutenant, he says his goal is to begin preparations for Metro and maintain Reston's way of life.

"A common theme I will focus on is a term I've coined: 'One Reston.' What I mean by that is trying to look at different segments we have within the Reston boundaries, and finding ways to involve other areas," he said.

Carlo also said he had an idea for a dog park in Reston.

"It's an easy idea to give us continued winter activity. There's a great dog park at Lake Fairfax that handles North Reston, but I'd like to see South Reston explore the idea of a dog park," he said. "It's an idea that gets our community together from morning to night, and you can do it when it's cold and warm."

Sridhar Ganesan says he will bring his 26 years of multi-disciplinary experience in media, telecom and technology and "roll-up-my-sleeves" attitude to the board. A Reston native for more than 12 years, he also considers himself an avid user of Reston's outdoor recreation facilities, such as the lakes, paths and tennis courts.

"I think indoor tennis has been a need for this community for a long time," he said. "Reston is known

for its tennis, and other neighborhoods have indoor tennis, but we do not."

John E. George has lived in Reston since 1989, and has worked in areas such as the federal government, news media and Fairfax County Public Schools. He says his goals are to forge partnerships with local businesses and government, plan to expand the RA's educational avenues to members and increase cooperation with the county's master plan work. When asked a question about the recreation in Reston, he said he would seek more community input.

"I'd advocate a benchmark poll of our membership on the recreation programs RA offers, and what they'd like to see in the future," he said.

Donovan D'Souza says his main concern is dealing with change that will be coming in the future. He currently works in quality assurance for an IT company, and believes his engineering background has programmed him to look for solutions, fixes and innovations. He says his years of budgeting and analytical skills would be an asset to the board.

"I'd like to get maximum resident participation," he said. "They could submit photos or reviews, content for the website. People will go to content."

Sigle, Carlo, Ganesan, George and D'Souza are running for the one open At-Large spot.

Incumbent Hunters Wood/Dogwood Director Cheryl Beamer will be running for re-election, and has pledged to strengthen the RA's voice in Metro development, keep pathways and open spaces, keep customer service a priority and work effectively with state and county officials to mitigate traffic and create transit oriented development.

"We will not be able to dodge the population pressures of this area," she said.

Beamer spoke to programs and committees she has been involved with, such as the Park Ranger Program, the Reston Neighborhood Committee and Covenants.

Her opponent is Victor Van Rees, who says his marketing and communication skills would be an ideal fit to enhance communication and feedback with residents. He said he also hopes to explore grants to assist in home improvement, and plans to facilitate polling residents about RA initiatives before voting.

"I'd like to be a little more pro-active, reach out to the community, reach out to merchants," Van Rees said.

Ballots will be mailed out starting, March 7, and votes will be accepted until April 1 at 5 p.m. More information about the election can be found at www.reston.org.

Candidates Offer Ideas for Village Centers



Cheryl Beamer, Hunters Wood/Dogwood candidate

"In further development of the village centers, we want to make sure we set the criteria for the design and preservation of what we know and love as Reston. That we don't back off and allow exemptions that will create problems in the future."



Jason Carlo, At-Large candidate

"Reston Association should be doing things to promote village centers. As the Metro comes in, more businesses are going to be attracted to Reston because their employees can get here easier, and you're going to have more activity at the village centers."



Donovan D'Souza, At-Large candidate

"When I look at the village centers, I like to keep Robert Simon's vision in mind. Can we use it year round, from birth to retirement, can we work and live there?"



Sridhar Ganesan, At-Large candidate

"The focus should be on revitalizing the village centers rather than massive redevelopment as a general principal. We need to get the people in the community, around the village centers, into the process, get them to weigh in on the process, so they don't just see things changing around them."



John E. George, At-Large candidate

"We have to make them fun. Give people a reason to spend time there, whether it is restaurants or a diversity of commercial and residential buildings. Make them fun, make them interesting so people will want to go there."



Andrew Sigle, At-Large candidate

"The idea of bringing in more local folks to be part of those [Reston Special Study Task Force] committees is a great idea. Local people are used to that, and know what they want to see there. It also is going to bring more people into those areas, which will help us revitalize the residential areas around those centers."



Victor Van Rees, Hunters Wood/Dogwood candidate

"I advocate a co-op program with the village centers. Helping those business communities with something like a landscaping fountain, tends to make it more attractive, more of the Reston vision, which will attract more customers."

WEEK IN RESTON

Accidental Reston Garden Apartment Fire

Fairfax County Fire and Rescue Department units responded to a garden apartment fire, Thursday, Feb. 24, at approximately 3:10 p.m. in the Reston area. The apartment complex is located at 1602 Becontree Lane.

Firefighters encountered heavy smoke and fire coming from the rear of the four-story apartment upon arrival. It took firefighters approximately 50 minutes to bring the fire under control. The fire originated in a bedroom in the second floor apartment. Additionally, two adjacent apartments received significant residual damage. Smoke alarms inside the apartment sounded and provided early warning to the occupants. Sixteen occupants from three apartments have been displaced, eight adults and eight children. Red Cross is assisting all the affected families. One adult received a non-life threatening injury. They were treated at the scene by paramedics and refused transport to a medical facility.

According to fire investigators, the fire was accidental. An electrical anomaly inside a sewing machine caused the fire.

Memorial Service for Dave Edwards

The memorial service for Dave Edwards will take place Saturday, March 12 at 2 p.m. at the Unitarian Universalist Church in Reston, 1625 Wiehle Ave. Instead of flowers, donations can be made to the American Cancer Society or to the UUCR Capital Campaign.

"I want to thank so many of you for your concerns, prayers and expressions of appreciation for all that Dave has done to make Reston a better place to live. Cards, food, fruit baskets - you all have been wonderful! On behalf of my family - thank you!" said Abbie Edwards.

School Board to Review Discipline Topics

The Fairfax County School Board agreed at its Feb. 24 work session to review topics related to student discipline procedures. This review could produce changes to the Student Responsibilities and Rights regulation and handbook.

"We believe that in order to ensure a thorough review, the Board needs sufficient time to explore our discipline policies and procedures," said Kathy Smith, chairman of the Fairfax County School Board. "We will schedule work sessions over the next three months to examine our values on student discipline and possibly recommend changes to the process."

Meetings will be announced on the Fairfax County Public Schools (FCPS) website at www.fcps.edu.

ARCH to Sponsor RA Candidate Forum

A number of candidates have stepped forward seeking election to the Reston Association (RA) Board of Directors. With major issues facing the community such as planning for the future growth and development required to accommodate the advent of Metrorail in Reston, ARCH will sponsor an RA Candidate Forum on the evening of Monday, March 7, at 7 p.m. at Forest Edge Elementary (1501 Becontree Lane) to hear the candidates' views on major community and organizational issues.

While the ARCH Issues Committee is putting together a number of questions to put to the candidates, time will be allocated, during the forum, so that ARCH Members and Reston community residents will have a chance to address the candidates about their specific thoughts and/or concerns.



Reston Founder Robert E. Simon Jr. leads the Korean delegation on a tour of the Lake Anne Plaza.

PHOTOS BY
MICHAEL MCKEE

Welcoming Koreans

On Friday, Feb. 25, a delegation from South Korea was welcomed to Reston by the Reston Association. RA President Kathleen Driscoll McKee, Reston Founder Bob Simon, Supervisor Cathy Hudgins, RA CEO Milton Matthews and others explained the concept, acquisition of land, planning and building that went into accomplishing the dream of a place to "Work, Live and Play" in Northern Virginia.

— MICHAEL MCKEE



Supervisor Cathy Hudgins (D-Hunter Mill) addresses the delegation with Kathleen Driscoll McKee and Bob Simon in background.

Best of Reston Honorees, Strategic Partners Announced

The 2011 Best of Reston Honorees and Strategic Partners were formally announced Thursday, Feb. 24, at the "Revealing the Best" Reception, hosted by Google in their Reston Town Center office. The 2011 honorees are:

- ❖ Individual Community Members: Sandy Amato, for Nourishing the Community; Beverly Ann Cosham, for Being the Voice of the Arts; Patricia Nicoson, for Paving the Way to Improve Transportation; Lindsay Trout, for Inspiring Future Generations to Serve the Greater Good.

- ❖ Civic/Community Organization: Martin Luther King Jr. Cultural Foundation, for Fostering Individuals' Unique Abilities.

- ❖ Corporate Business Leader: Boston Properties, for Leading and Investing Locally.

- ❖ Small Business Leader: Maude, for Beautifying the Community.

Best of Reston honors businesses, organizations, and individuals who have put forth tremendous effort in their commitment to community service and improving the lives of others. The annual event is produced in partnership by the Greater Reston Chamber of Commerce and Reston Interfaith.

The 2011 Best of Reston honorees will be formally recognized at the 20th Annual Best of Reston Gala on April 28, at the Hyatt Regency Reston. Sponsorships are now available; for details, check restoninterfaith.org. Proceeds from Best of Reston support the social service programs of Reston Interfaith.

OBITUARY

Kate Bailey, 59, of Reston, Dies

Kate Bailey, 59, died Feb. 23, 2011 in Reston of complications from multiple sclerosis and cancer. Born in Battle Creek, Mich. on June 9, 1951, she lived in the Washington D.C. area for 40 years. Survived by her mother, Margaret Bailey and brother David Bailey both of Bridgeport, W. Va.; brother Peter Bailey, nieces Megan Harvey and Haleigh Bailey and nephew Joey Bailey all in Marshall, Mich. Kate graduated from Marshall (Michigan) High School in 1969,

received an AA degree from Mount Vernon College, Bachelor's degree from Hillsdale College, and a Master's degree from both Western Michigan University and the National-Louis University in Northern Virginia/Washington D.C. She worked as a Configuration Management Specialist over the last 30 years for General Electric, Lockheed Martin, and, most recently, Booz-Allen Hamilton. Previously, Kate worked at the National Wildlife Federation and

as a co-manager at the Great Falls Horse Center. She took pleasure in patio gardening and training horses, participating in competitions and pleasure riding.

Her body has been donated for scientific research according to her wishes. A celebration of her life will be held on Saturday, March 5 from 1 to 4 p.m. at Luciano's Italian Restaurant, 1054 Elden Street in Herndon. In lieu of flowers, donations are requested be made in her memory to the National MS Society.

NEWS



Nusheen Farahani

South Lakes Senior Performs at Carnegie Hall

Nusheen Farahani, a senior at South Lakes High School, has been selected for the 2011 American High School Honors Performance Series at Carnegie Hall. She was a part of the Honors Orchestra as a Violinist. Participation in the Honors Orchestra, Honors Band, and Honors Choir is limited to the highest rated high school performers from across North America.

Farahani auditioned last fall for the Honors Performance Series and was accepted after a review by the Selection Board committee. Farahani joined other performers from the United States and Canada for a special performance at Carnegie Hall, a venue that marks a pinnacle of musical achievement.

Farahani studies music with Dr. Laura Kobayashi, Adjunct Professor of Violin-George Mason University, and is a member of South Lakes High School Chamber Orchestra directed by Bryan Baldwin, and American Youth Philharmonic Orchestras (AYPO) conducted by Music Director Daniel Spalding. She also plays with the Chakavak and Chakavak Ensembles directed by Dr. Nader Majd of the Center for Persian Classical Music. Additionally, she was in the Senior Regional Orchestra for 2009 and as Co-Concert Master for 2010, and 2010 All-Virginia Bands & Orchestra.

The Honors Performance Series was created to showcase accomplished individual high school performers by allowing them to study under master conductors and perform in the celebrated venue, Carnegie Hall. Learn more by visiting www.honorsperformance.org.

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Culinaria COOKING SCHOOL

Take your cooking to a new level! Join Culinaria Cooking School's chefs for these three-part series classes:

Cake Making, Desserts, and Truffles with Chef Bonita Woods: March 7, March 14, March 21, 1:30-4:30 pm, \$180 for the series - From the perfect chocolate cupcake to classic French baguettes with mango and chili cream cheese, you'll learn to bake up a storm.

Back to Basics with Chef Robyn Alexander: March 7, March 14, March 21, 7-9:30 pm, \$190 for the series - Students will learn to prepare delicious classics, including New England clam chowder, chicken Marsala, rice pilaf, and carrot cake with cream cheese frosting.

Regional Italian with Chef Stephen Sands: March 9, March 16, March 23, 7-10 pm, \$185 for the series - Get a taste of three regions of Italy from its native son Chef Stephen: Friuli-Venezia Giulia, Piedmont, and Sicily.

For more information and to register for classes, please go to www.culinariacookingschool.com

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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.

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OPINION

Time for Adult Discussion on Deficits and Debt

BY MARK R. WARNER
U.S. SENATOR

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



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

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.

Could Cairo or Madison Happen Here?

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Tunisia, Egypt, Bahrain, Yemen, and Wisconsin! Could Reston and Virginia be next?

Well it might be a stretch, but then again, this is Virginia. No, I do not think Virginians will be rioting in the streets, demanding free elections and an opening to more democratic form of government like we see across North Africa and the Middle East. On the other hand, many among those Arab populations are appealing also for a fairer share in their respective economies so they can feed, clothe and sustain their families. In this respect, there may be a real human connection to Wisconsin and other places in the U.S. of A., including Reston, Virginia where working people are under attack as I write.

Make no mistake about it, the current Republican majorities, energized in part by their wacko Tea

INDEPENDENT PROGRESSIVE

Party fringe, seek to divide middle and working class Americans, "pitting unionized workers against non-unionized, public sector against non-public, older workers [and retirees] within sight of Medicare and Social Security against younger workers..." as Robert Reich of UC Berkeley noted in a recent posting (See www.RobertReich.org). As they divide us, they would like us to believe that we can no longer afford to provide important needed jobs and funding to assist people — that is, that we have a deficit problem caused by public funds going to those other folks. In this way, maybe we won't notice the greatly increased share of total income and wealth going to the super rich, the top one percent of our income pyramid while the incomes of the rest of us stagnate. Furthermore, while making the Bush tax cuts permanent and slashing the fairest tax of all, the

estate tax, Republicans hope no one notices that the effect of shoving more into the wallets of the wealthy is to actually shrink the size of the whole pie.

While TP Governor Walker of Wisconsin is way ahead of Smooth Bob McDonnell because the former has complete majority rule in his legislature, Bob has joined the attack on public workers, teachers in particular. And he does it more smoothly. In exchange for giving our teachers an overdue salary bump of 3 percent in fiscal year 2012, Governor Bob wants to increase by 5 percent their contribution to the state's pension plan. As I understand it from a school official, this amounts to a two percent cut for Virginia teachers on the heels of NO salary increases for two years. Unfortunately for McDonnell, while many Fairfax teachers do belong to unions, this being "right-to-work" Virginia they have no right to bargain collectively for wages or benefits. So, he cannot take that right away from them.

Still, given the limited range of his options, Gov. Bob is doing his best to punish teachers for a deficit they did not create in accord with the greater Republican strategy. Demonstrations in Reston—it will probably be a while.

LETTER

A Note of Gratefulness

To the Editor:

Some time ago, a gentleman (and his dog) found my bank card on Wainwright Drive. He walked to the bank, waited for it to open and, without leaving his name, handed it in. It was extremely kind and thoughtful of him to do so as it save me a lot of inconvenience.

I would like to express my gratitude and thanks to him for going out of his way.

Iris Borzymowski
Reston

THE CONNECTION

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OPINION

Drama at the State Capitol

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



COMMENTARY

The General Assembly is nearing adjournment sine die as I write this week's column. Major issues involving the budget and transportation funding remain unresolved by conference committees. But this final week of the session has not been without drama.

An important bill to extend the timeframe during which a victim of sexual abuse can bring a suit against a perpetrator from the current two years to twenty years passed and has gone to the Governor who is expected to sign it. The current law was never fair to sexual abuse victims who often suffer from repressed memory for many years.

My bill to limit phosphorus in lawn fertilizer was incorporated into another bill that passed as part of an effort to clean up the Chesapeake Bay. Reston Association had endorsed my bill as an important step to improving water quality in our local lakes as well as the Chesapeake Bay. Phosphorus will continue to be a component in starter fertilizer for new lawns, but it is not needed for established lawns. It runs off into streams, lakes, and the Bay to cause excess nutrients and the decline of water quality.

The drama did not always produce positive results. A bill that I vehemently opposed and voted against extended the offering of car title loans to persons who own cars titled in other states. Currently, car title lending is legal in Virginia, but the car offered as col-

lateral must be titled in Virginia. Neighboring states including Maryland, West Virginia, and North Carolina have effectively eliminated the business by capping interest rates at 36 percent. Rates in Virginia exceed 200 percent. There is a real fear that Virginia will become a destination for people who need some quick cash but who have little or no awareness of the excessive interest they will have to pay.

The Senate of Virginia in recent years has been the filter that stops anti-abortion, anti-immigrant, and other ultra-conservative bills from passing. The Senate served that role again this year with one dramatic exception. Through a successful use of the legislative rules, abortion foes were able to get a bill to require hospital-like standards for abortion clinics to the Senate floor for a vote where it passed with the Lieutenant Governor casting a vote to break a tie. While described by its proponents as a bill for women's safety, there is concern that the effect of the bill will be to close 17 of the 21 abortion clinics in Virginia, returning us to a time of unsanitary and unsafe pregnancy terminations for women. The clinics also offer a variety of other health services for families, particularly in areas that are medically underserved. I voted against the bill.

The closing days will no doubt provide additional drama that I will describe to you in future columns and in community meetings.



SUBMITTED BY PATRICK KANE

Amanda's Christmas Surprise

The photo shows Amanda Kane of Reston and the Christmas surprise, Chloe. They have taken to each other. Amanda has been drawing on all of her Special Education skills to write a book about her Christmas surprise, which the family hopes to publish.

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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.

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/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.

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.

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. 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/Sustainable Reston. Register at naturecenter@reston.org.

THURSDAY/MARCH 12

Cox E-Waste Recycling Event. 9 a.m.-1 p.m. Cox Retail Center Parking Lot, 3080 Centreville Road, Herndon. Recycle old, unused and broken amplifiers, camcorders, CD players, cell phones, computers, copiers, digital cameras, DVD players, fax machines, game consoles, microwaves, remote controls, TVs, telephones, and more. Free and open to the public. coxwaste@cox.com.

WEDNESDAY/MARCH 16

The Advisory Board of the Northwest Center for Mental Health Services. 7-9 p.m. at Northwest Center for Community Mental Health, 1950 Cameron Glen, Reston. Volunteers are needed to serve and act as advocates for women's shelters, homeless shelters, etc. The Board meets the 3rd Wednesday of every month. Contact Cleveland at 703-435-0868 or leaderwilliams@gmx.com.

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Member Mixers... a new approach to Community District meetings

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This year, Reston Association's Community District meetings provide up to 30 members, selected at random, the opportunity to have dinner and a conversation with the Board of Directors' district representative and Reston Association senior staff.

So if you receive one of the invitations for your district Member Mixer, say yes and know it will be time well invested. Invitations will be mailed to the districts two weeks before the dates below:

DATES:

Lake Anne/Tall Oaks District
Thursday, 17 March at 7 p.m.

Hunters Woods/Dogwood District
Thursday, 16 June at 7 p.m.

North Point District
Thursday, 29 Sept. at 7 p.m.

South Lakes District
Thursday, 8 Dec. at 7 p.m.

All four of the meetings will be held at

Reston Association's Conference Center

12001 Sunrise Valley Drive, Reston, Virginia 20191-3404

Visit us online at www.reston.org.



Call For Volunteers On Design Review Board And Covenants Committee

There are three vacancies on the Design Review Board. Two design professionals (architect, land planner, or landscape architect); and one Lay Member are needed to serve three-year terms. The DRB interprets, administers, and renders decisions involving the design covenants in accordance with the Design Guidelines.

In addition, there is one vacancy on the Covenants Committee. One Member from the Lake Anne/Tall Oaks District is needed to serve a three-year term on the Covenants Committee. This Committee is responsible for administering the Use and Maintenance of Property Covenants and considers/determines cases concerning these areas.

If you are interested in applying to be a member of the Design Review Board or the Covenants Committee, please forward a brief statement of interest and any pertinent qualifications by March 11, 2010, by fax 703-435-9481, email cate@reston.org or mail to Reston Association, 12001 Sunrise Valley Drive, Reston VA 20191 ATTN: Cate Fulkerson.

Visit us online at www.reston.org.



NEWS

Good Food for Good Health

Reston nutritionist Teri Cochrane publishes a cookbook.

BY JAMES CULLUM
THE CONNECTION

Teri Cochrane's new cookbook could change your life. The theme of "Restorative Recipes: A Mindful Path to the Essential You" is simple: Eating well leads to spiritual, emotional and physical peace. Cochrane, a Reston nutritionist, has helped hundreds of clients overcome and manage serious health problems, and believes that the modern American diet is causing rising cancer rates, high cholesterol and other diseases that kill.

So, how about some coconut curry chicken with green onions tonight? Don't worry - the recipe is in the cookbook and the meal takes 15 minutes to cook. Other dishes include Shrimp Creole, herbed buffalo burgers and cinnamon oat pancakes.

"It's not a diet," said Cochrane. "It's about having a different relationship with your food and understanding what food does for the body. I don't believe in diets or food plans. By their nature they're temporary and can't be sustained."

But "not a diet" means a total lifestyle change, right?

"I'm going to give you this information and you now have the power to make an informed choice," Cochrane said. "If you don't have a dairy sensitivity, go for the butter and skip the margarine. Anything synthetic takes longer to clear from the body. ... It's about education."

In 1998, Cochrane was full of fear, anxiety and doubt. Doctors said that her five-year-old son, William, would have respiratory problems his entire life. Medicines and steroids began taking their toll and Cochrane watched her son become weaker and increasingly dependent on medications. To make matters worse, her infant daughter was beginning to suffer similar symptoms. Cochrane's doctor, through a variety of tests, eventually determined that the children had sensitivities to wheat, dairy, peanuts, citrus and corn.

NO SOONER were the offending foods out of the house that the children's health improved. William, 16, is now a National Junior Olympic Karate champ. Motivated



PHOTO BY JAMES CULLUM/THE CONNECTION

Nutritionist Teri Cochrane making an omelette in Linda Nimmo's home in Reston.

by nutritional success, Cochrane quit her 20-year corporate career and went to school to become a nutritionist. She now owns Healing Paths, a Reston-based Nutrition and Herbal counseling practice.

Linda Nimmo's daughter has ADHD. "I believe that diet has a lot to do with brain function," Nimmo said.

Cochrane spoke at Nimmo's home in Reston last Thursday. "The average American consumes five pounds of pesticides and herbicides every year," Cochrane told a group of women in Nimmo's living room. "What happens is that they have drastic results on our endocrine system. What I'm seeing is young women with ovaries bursting at the age of 14, with cysts the size of grapefruits, with polycystic breasts, adrenal exhaustion, thyroid conditions that make them unable to even get through a day of school. Cholesterol goes up, Vitamin D levels go down and hormonal cancers are now the fastest growing of all cancers."

One of Nimmo's guests was Rita Barufka, of Reston, who has suffered with Lyme Disease for two years. "I had a yeast problem with the Lyme and I knew that I had to be on a strict diet. So, I met Teri and she's been wonderful. My lab work has really improved. Just the other day I got a negative on the yeast test for the first time," she said.

Restorative Recipes is \$30 and can be purchased at www.healingpathsva.com.

SCHOOLS



Forest Edge Elementary Music teacher Mary Ella Malone (front row) dances with students.



PHOTOS BY DEB COBB/THE CONNECTION

Former Forest Edge Elementary School student Anna Worway of Reston tosses a t-shirt into the crowd.

Celebrating Black History At Forest Edge Elementary

On Wednesday, Feb. 16, Forest Edge Elementary School celebrated Black History Month with a soul food dinner, dance performances from the Step Team from Woodburn Elementary and the Essence Dance Company from South Lakes High School. Games and activities focusing on Black History Month were held throughout the evening.

— DEB COBB



Mohamed Hassan, Forest Edge Elementary student and Reston resident, answers the question, "Who was George Washington Carver?"

Musical Spelling Bee Comes To Reston

BY DAVID SIEGEL
THE CONNECTION

What is it about a spelling bee that could bring bemusement when surrounded by playful music to such a normally earnest competitive event? Describing the Reston Community Players' upcoming production "The 25th Annual Putnam County Spelling Bee" is simple according to Nathan Tatro, one of the featured performers. Think "a giddy little musical comedy with a big heart; constantly affirming the experiences of adolescents."

"The 25th Annual Putnam County Spelling Bee" has an ingenious premise. With over a dozen sweetly kooky musical numbers bringing out their inner flakiness and anxieties, six strikingly unconventional adolescents compete in a fictional spelling bee. Each wants to please their parents. When first produced in 2005 the show with music and lyrics by William Finn and book by Rachel Sheinkin received multiple Tony Award nominations and a Tony Award.

For director Blakeman Brophy, the show respects adolescents and their quirks. "It does not mock or treat them as cartoons." The characters are "creative, compelling and appealing." At open auditions, Blakeman looked for high-spirited actors with an innate ability "to project child-like characterizations as well as sing." With a sharp grin he also mentioned watching for the inborn ability to improvise during unscripted moments.

At a recent rehearsal, the cast readied itself for the evening's work. They set-up movable multi-tiered gym bleachers painted in shades of salmon, lemon yellow and royal blue. Ryan Manning resplendent in colorful cape moved about in earnest concentration practicing his slides on wheeler sneakers. With gold laces flying his candy apple red, neon green, cobalt blue patched sneakers were a whirl.

With a five-piece band directed by Elisa Rosman the lyrics are written to bring out the angst of those



The cast at the rehearsal.

More Information

Where and When: CenterStage Theater, 2310 Colts Neck Road (Hunters Woods Village Center), Reston. Performances: March 4 – 26, 2011, Fridays at 8 p.m. and Saturdays at 2:30 p.m. Matinee on March 13 & 20. Sign-interpreted performance on March 12. Tickets \$18-\$21. Call 703-476-4500 or log on: www.restonplayers.org. Recommended for ages 10 and older due to mature situations and mild language.

on the cusp of adulthood with no confidence in themselves thinking "I'm Not That Smart."

"The 25th Annual Putnam County Spelling Bee" is one act under two hours. An unusual facet; at each performance four audience members can volunteer to appear on stage to be part of the spelling bee. According to Amy Frank, Reston Players Board, those selected will be guided on stage by the "real" cast members to enjoy themselves and lose their regular day inhibitions.

Jennifer Lambert with eyes beaming spoke of "Bee" as a "hilarious evening about the real life quirkiness of gifted kids...so real with their emotions the audience will feel for these kids and their journey."

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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.

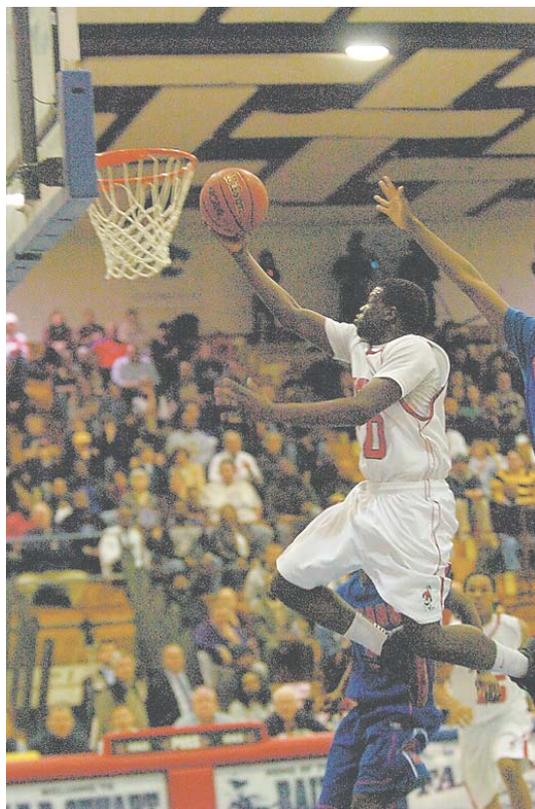
Herndon (23-3), this year's Concorde District champions, enjoyed a spectacular season and fell just one region playoff win short of reaching the finals and qualifying for the Virginia State AAA playoffs for the first time since 2006 when Gary Hall was head coach and former Hornet superstar Scottie Reynolds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

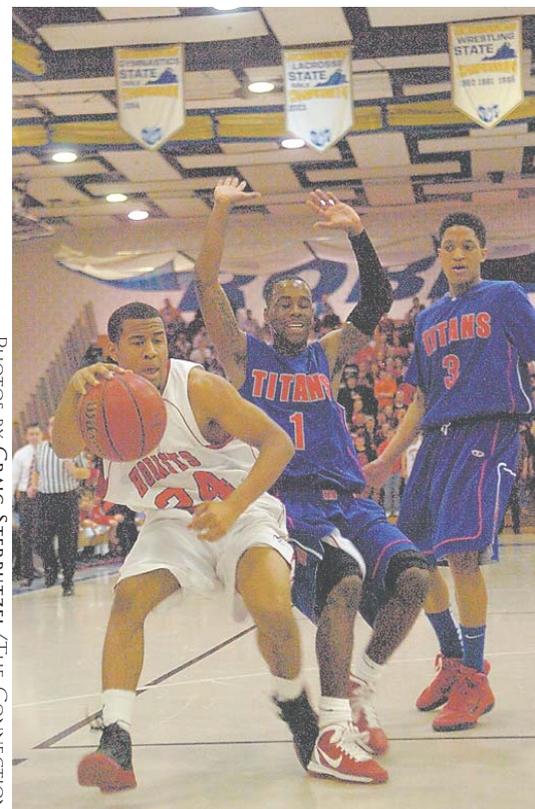
Herndon's Hamilton, a senior, scored a game-high 33 points in his team's victory over the Seahawks. Beltran, meanwhile, tallied 22 points and junior Marques Berry 10 for the winners. Other scoring contributions for the Hornets came from Thomas (8 points), McLaughlin (7), and McKenzie (6).

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."

RESTON ASSOCIATION 2011 BOARD ELECTIONS

Members of Reston Association, including renters, can vote in the 2011 elections for two seats on the Board of Directors.

Five candidates are running for one At-Large seat. Two candidates are seeking the seat for the Hunters Woods/Dogwood District.

BALLOTS ARRIVING IN HOMES ON MARCH 7

Ballots will be mailed to all Member homes on Monday, March 7, 2011 with online voting beginning at 5 p.m. The voting period ends at 5 p.m. on April 1, 2011.

If you have questions about the election or to learn more, contact Cate Fulkerson, 703 435-6512 or via e-mail at cate@reston.org



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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.

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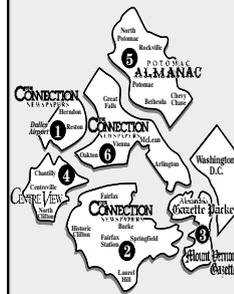
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