Langston Hughes Middle School SCA members Tyler Macaluso (Treasurer), Amy Zhao (Secretary), Christina Kim (Vice President) and Asia Aylano White (President) stand with their Principal, Aimee Monticchio, in the Hall of Nations. The school is celebrating the 30th anniversary.
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Elite Search and Rescue Team Returns from Japan

VATF-1 returns home as rescue operation turns to recovery.

By Jeanne Theismann

It was a bittersweet homecoming for 74 members of the elite Fairfax County Urban Search and Rescue team as they returned in the early morning hours of March 20 from a mission to the devastated Sendai region of Japan, where a 9.0 earthquake and subsequent tsunami left an estimated 8,649 people dead and 13,261 still missing.

“We never experienced anything like this before,” said task force leader Bob Zoldos of the March 11 catastrophe. “The damage and destruction was incredibly widespread. The tsunami moved many of the victims from their original location, which made finding survivors more difficult.”

Also known as Virginia Task Force 1, the team spent a week alongside teams from around the world searching for survivors, without any success.

“This was really monstrous — an earthquake and tsunami coming together like this,” said Japanese Ambassador Ichiro Fujisaki, who was on hand to express his gratitude to the team. “The news of your tsunami coming together like this,” said Japanese Ambassador Ichiro Fujisaki, who was on hand to express his gratitude to the team. “The news of your

Ambassador Ichiro Fujisaki, who was on hand to express his gratitude to the team. “The news of your

also delivered within hours of the initial earthquake, carrying approximately 30 tons of equipment, including four swift water boats and swift water rescue gear.

“Of all of that has been left behind, including the boats,” Gross said. “We left equipment, food and supplies behind for the Japanese people as they continue their relief efforts.”

A contingent of international press interviewed team members on the conditions in Japan.

Walking Through Reston’s History

April 2 walking tour kicks off 150th anniversary of Civil War.

By Alex McVeigh

A few years ago, Reston resident Jim Lewis was wandering around his backyard, and he found himself wondering what the deep trenches were. His neighbor, Bob Eldridge found himself wondering the same thing, and the two of them began to research. They found out that their backyards were the site of Civil War trenches, rifle pits and artillery locations.

Soon the two began speaking at local churches and community centers, often bringing with them Civil War relics they found along Hunter Mill Road.

“Soon people started asking us to take them out to locations where things happened along the road,” Lewis said. “Eventually we published a self-guided tour book so people could scout the locations themselves.”

On April 2, in recognition of the 150th anniversary of the Civil War, Eldridge and Lewis will give a tour of the area behind their houses and along a portion of the W and OD Trail. They will give history buffs a firsthand look at the earthworks on their property, as well as stories about the activities along the trail.

“The history of who was actually walking along the W&OD trail would surprise you,” he said. “There was a very prolific, very famous writer that walked along the trail and also a prolific, famous reporter whose first assignment was as a correspondent.”

Lewis and Eldridge are coy when asked about the historical figures they will be discussing, but they say all will be revealed on the April 2 tour.

“Our motivation is to tell a story, and get that wide-eyed look back when someone says ‘I didn’t know that,’” Eldridge said.

As members of the Hunter Mill Defense League, the two helped create a documentary, “Danger Between the Lines,” which described the daily lives of the people that lived along Hunter Mill Road during the Civil War. They also helped place six historical markers at the intersection of Hunter Mill Road and the W&OD Trail.
Minimizing Metro’s Impact

Hunters Woods/Dogwood candidates offer solutions for district.

By Alex McVeigh
The Connection

As election season in Reston continues, incumbent Reston Association Hunters Woods/Dogwood director Cheryl Beamer and her opponent Victor Van Rees have different focuses on the future of their district, and Reston as a whole.

Beamer was elected in 2007, and has served as RA board liaison to the Transportation, Pedestrian and Bicycle, Legal and Covenant committees, as well as on the Reston Neighborhood Advisory Board and the Initiative for Public Art Reston.

She says the main issue in the Hunters Woods/Dogwood district is how the coming Metrorail will affect it.

“RA should play a strong role in negotiating an outcome that preserves and protects the quality of life for the Polo Fields Cluster,” she said. “For example, the existing Herndon office complex could be profitably developed into a mixed-use building integrating Metro parking. Expanding the existing office building space rather than constructing an additional parking structure takes vision and the ability to forge creative working relationships.”

Van Rees has served in leadership roles in the Tanner Cluster Homeowners Association, Herndon Babe Ruth Baseball and Northern Virginia Senior Babe Ruth Baseball. He is also a member of the Reston Covenants committee, and has experience in management, team building, social media and communications, as well as home construction, remodeling and landscaping.

He says he also has concerns about how the Metro will affect the Polo Fields Cluster.

“In my district, Polo Fields residents feel underrepresented and are worried about the impact of the Monroe stop, it’s practically on top of them. They’re concerned about commuters parking in front of their homes, high volume traffic and an increase in air and noise pollution,” he said. “RA should make a strong case with the Metro and county for sound walls and limiting on-street parking, and positioning Metro garages to lessen the impact of a limited infrastructure.”

In addition to the open seat for the Hunters Woods/Dogwood district, there are five candidates vying for an open at-large seat. Ballots were mailed starting March 7 and must be cast no later than 5 p.m. on April 1. More information about candidates and the election process can be found at www.reston.org.

RA Board At-Large candidate Sridhar Ganesan was unable to attend the March 7 candidates forum due to a personal emergency. Here are his answers to questions previously answered by other candidates.

How do you view RA and the RA Board’s role?
“My vision for the RA is to take the leadership in creating one voice for Reston, and represent and advance Reston’s interests at the county level and with external agencies. My goal is to get on the board, work on the process to get a more integrated and coordinated approach for Reston, and then focus the board’s agenda towards making efforts to create such an organization, whether formal or otherwise. I think moving towards one common structure and voice to going to be more helpful in the long run.”

What is your view as to who is the appropriate entity to do covered tennis in Reston?
“It is time to bring covered tennis to Reston, but I think it should be under the RA. Given that the RA has the broader responsibility of the membership of the homeowners, it should naturally fall under the RA. Equally important, there are so many great tennis courts under its jurisdiction, it would be a lot easier to administer and the RA has a full tennis and other support staff that can manage the indoor tennis facilities.”

Andrew Sigle, At-Large candidate
“Design excellence of the corridor. With transit-oriented development, we’ve got a shot at getting it right. Looking at what’s been done, and picking the best and working with the developers and county to make it so.”

Donovan D’Souza, At-Large candidate
“Not everyone wants to live in fishbowls in the sky. We need to make sure Reston does not turn into a concrete jungle. Keeping with Robert Simon’s vision of Reston as a community where one can live, work and play … saving Reston for future generations.”

John E. George, At-Large candidate
“Since the founding of [Reston] we’ve had single family, we’ve had apartments and townhouses. The reason we had that is because we want to attract a diversity of people. As we move into the future, we need to continue that if we want to continue Robert Simon’s legacy.”

Sridhar Ganesan, At-Large candidate
“Preserving the recreational and natural areas is important, there are so many great tennis courts under its jurisdiction, it would be a lot easier to administer and the RA has a full tennis and other support staff that can manage the indoor tennis facilities.”

RA Candidates Debate:
What do you view as important recommendations that should come out of the Reston Master Plan Special Study Task Force?

— Alex McVeigh

Victor Van Rees, Hunters Wood/Dogwood candidate
“Preserving the recreational and natural areas is an essential need and a big reason my family lives here. Let’s work on paths aimed towards Reston Town Center and Metro station. Many paths connect to recreation areas in clusters and neighborhoods. Let’s develop RA, homeowners association, even Reston Town Center mutual enhancement partnerships to mitigate the coming gridlock.”
Las Vegas Night to Benefit SLHS Drama

The South Lakes High School Theatre Arts Boosters present Las Vegas Night to benefit the cast and crew of “Reputation” by Neil Simon and their trip to perform and represent the state of Virginia and the United States, at the International Fringe Festival in Edinburgh, Scotland in August. Tickets include hor d’oeuvres, one drink, gaming chips. There will also be a cash bar and silent auction.

April 1, 7-11:30 p.m. at Reston Community Center, 2310 Colts Neck Rd. in Reston. $45 in advance, $50 at the door (cash only).

Go to www.southlakesdrama.com/lasvegansight.htm for more info or to purchase tickets online.
Opinion

Opportunity about To Be Squandered

Once-a-decade redistricting offers achance to do it right; no one with power seems interested.

H ave you seen what our political districts look like? It’s as if the clown who makes balloon animals has gone mad. And it could be amusing if it didn’t matter so much.

Our once-a-decade exercise in partisan hubris is about to unfold. Next week we’ll likely see proposals that seek to protect Democratic seats in the Virginia Senate, Republican seats in the Virginia House of Delegates. The status quo in Fairfax County will get another 10-year term. Virginia’s incumbents in Congress will get some reassuring padding, even if it means districts that look like boa constrictors that are digesting a couple of meals and have been run over by a car in one or two places.

We are not likely to see districts that best represent residents. No one with power is talking about how to draw lines that increase voter participation and citizen involvement.

Political districts should be drawn by a non-partisan commission that looks at providing communities with representation that works. What works is keeping communities of interest together, so that one town or community is encompassed in some of its political districts. Each resident is represented locally by one member of Congress, a state senator, a state delegate, and then by a county board or city or town council.

The Democratically-controlled Senate and Republican-controlled House of Delegates appear to have a gentleman’s agreement in place to focus on their own branch of the legislature and not interfere with each other’s lines. So Democrats will gerrymander the senate lines and Republicans will gerrymander the delegate lines.

In Northern Virginia, many of these districts sprawl and crawl out like amoebas to capture a given precinct if it will help or hurt the party’s balance. Instead districts should be designed for good representation, shared high school boundaries, shared land use concerns, shared traffic challenges, shared public safety concerns. It’s unrealistic to think that part-time legislators will be able to master the nuances and needs that spread out across three or more jurisdictions, so as some delegate districts do.

Delegate districts in particular are the smallest unit of representation for many people, with about 80,000 residents to be included in the newly drawn districts. These districts can and should focus compacy on communities.

Meanwhile, in Fairfax County local government, the likely outcome of redistricting will be the status quo, with nine supervisor districts, even though Fairfax County’s population has grown by more than 10 percent and so could easily support another district. An additional district would allow for elected officials, both supervisors and school board members, to focus on a smaller number of residents, roads, schools and issues. Fairfax should also consider adding a couple of at-large seats in the future to balance the power of a single supervisor.

Arlington’s county board is elected entirely at-large, but should consider changing to have some political districts that could broaden representation for minorities — ethnic minorities, economic minorities and political minorities. As property values have grown by more than 10 percent and so could newly drawn districts. These districts can and should focus compacy on communities.

Virginia in the Nation

By Kenneth R. “Ken” Plum
State Delegate (D-36)

Virginia spends less on per-pupil funding K-12 than does the state of Mississippi, according to an editorial in the Roanoke Times last week. Not much less; but less along with twelve other states that spend less than Mississippi, the state that has always been thought to be the bottom rung on the ladder for school funding. Virginia’s state per pupil funding of $4,640 was significantly less than the national average of $6,139 and less than Maryland at $6,503 and West Virginia at $6,116. Our rank of 38th lowest is a drop from being the 33rd lowest in 2006-07.

Of course, public education is a partnership between the state and local governments in Virginia and in most states. The numbers above are only part of the story. To understand the full story, one needs also to consider local funding. Virginia’s budget is based on a split of the costs of schools with the state on the average paying 55 percent and the local government paying 45 percent. The actual monies a locality receives is based on its wealth as measured by a composite index. Wealthy communities must pay up to 80 percent of their education costs while the poorest localities may pay as little as 20 percent of educational costs.

In practice, however, the state has seldom reached its average of 55 percent. In 2007-08, before the full impact of the recession, Virginia was providing only 41 percent of K-12 revenue; localities had to pick up 53 percent rather than 45 percent. The federal government provided 6 percent of revenue. Put all the sources of revenue together and Virginia’s $11,080 per pupil funding is slightly above the national average of $11,004.

As you have already figured out, if the state is not providing its required share the localities must make up the difference. That is why the Commonwealth ranks 12th in local per-pupil funding. Local school boards and local supervisors attempt to preserve their schools as much as they can, and when state revenue is not provided they have to provide more local money: The only source for major local revenue is the property tax. As property values have gone down tax rates have had to be adjusted upward to offset the loss of state revenue. While Richmond politicians brag about not raising taxes, they actually have in reality by forcing more and more school costs down to localities and onto the property tax payers’ backs. Local communities pick up the difference because of their commitment to quality schools.

If you want to check the source of any of these numbers, go to www.larc.virginia.gov. Go to the publication, “Virginia Compared to Other States, 2011.” I will address other comparisons in future columns.

Commentary

Opinions about the status quo, with nine supervisor districts, even though Fairfax County’s population has grown by more than 10 percent and so could easily support another district. An additional district would allow for elected officials, both supervisors and school board members, to focus on a smaller number of residents, roads, schools and issues. Fairfax should also consider adding a couple of at-large seats in the future to balance the power of a single supervisor. Arlington’s county board is elected entirely at-large, but should consider changing to have some political districts that could broaden representation for minorities — ethnic minorities, economic minorities and political minorities.

Opponents of actually making decisions seem to be quite happy about the status quo, with nine supervisor districts, even though Fairfax County’s population has grown by more than 10 percent and so could easily support another district. An additional district would allow for elected officials, both supervisors and school board members, to focus on a smaller number of residents, roads, schools and issues. Fairfax should also consider adding a couple of at-large seats in the future to balance the power of a single supervisor. Arlington’s county board is elected entirely at-large, but should consider changing to have some political districts that could broaden representation for minorities — ethnic minorities, economic minorities and political minorities.
Creating Beauty Inside and Out

Maude Salon wins Best of Reston award for small business.

By Alex McVeigh
The Connection

Maude Hair Salon in Herndon has been open for seven years, and co-owner Celeste Williams says every year they make a concerted effort to help the community around them. This commitment was noticed this year, as Maude won the 2011 Best of Reston Award for small businesses.

“It’s nice to feel like you’re part of a community, to be part of something bigger than yourself,” Williams said. “As a hair salon, our business is to help people feel good about themselves, and we try and extend that wherever we can.”

Founded in 2003 by Williams, Vanessa Rose and Tina Jay, Maude was started from day one to be more than just a place to get a hair cut.

“We’ve always believed in creating a positive culture, a safe place to grow and to express yourself,” Williams said.

The salon has a yearly donation budget dedicated to helping local charities, including donating gift certificates to fundraisers. They have also worked with Reston Interfaith, YMCA-Reston, the Embrey Rucker Community Shelter, Relay for Life, the Cystic Fibrosis Foundation, the Leukemia and Lymphoma Society, the American Cancer Society and even helped raise funds to build a black-box theater at the Duke Ellington School for the Arts in Washington, D.C.

Their efforts to help others aren’t limited to groups outside the studio. They also have a two-year apprenticeship program that is nationally certified and recognized, and allows applicants who might not otherwise be able to afford cosmetology school to get into the profession.

“We act as a school, donating our time to educating people who are interested in a career,” Williams said. “It takes a little longer than going to cosmetology school, but the apprentices are able to experience the day-to-day work in a real salon while they’re learning.”

Valerie Roller, a staff member at Maude says she is inspired every day by the philosophy behind Maude.

“They’re the best bosses, they really are. They treat us like family,” Roller said. “They inspire us every day to make people prettier inside and out.”

Judy Redpath, chair of the Honoree Selection Committee for the Best of Reston, says even though Maude’s mailing address says Herndon, the extent of their work is truly community-wide.

“They’re located in Herndon, but the people they serve are all over the place. We’re not concerned with boundaries, we see the positive energy they put into this community,” Redpath said. “They’re committed to making a vibrant, healthy, viable community all around them.”

Maude Salon is located at 775 Station Street in Herndon, and can be found online at www.maudehair.com.
Re-Opening The Closet

Nonprofit thrift store stores new merchandise for Spring.

By Alex McVeigh

The Closet in Herndon held its spring re-opening Saturday, March 26, and welcomed more than 200 shoppers. "We have a wide selection of clothing, furniture, housewares, and books," said Burleson.

Involving a variety of people and organizations, the Closet is able to provide services that are not available at other thrift stores. "I love the people," said Burleson. "The customers come from all over, and it's a real treat to be able to see them." The Closet also serves areas of the community that other thrift stores may not reach.

The Closet is open Tuesdays, Wednesdays, and Fridays from 10 a.m. to 2 p.m., and other days by appointment. For more information, please visit www.theclosetofgreaterherndon.org.

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Saturday, April 3

The Virginia Opera-Pasadena’s The Man Who Came to Dinner. "I love the people," said Burleson. "The customers come from all over, and it's a real treat to be able to see them." The Closet also serves areas of the community that other thrift stores may not reach.

Note from volunteers:

Burleson remembers seeing a wide range of clothing and furniture, from formal dresses to casual wear, and from bookshelves to couches. "I love the people," she said. "The customers come from all over, and it's a real treat to be able to see them." The Closet also serves areas of the community that other thrift stores may not reach.

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Sunday, March 27

The Old Print Shop, 203 E. Main St., Fairfax. "I love the people," said Burleson. "The customers come from all over, and it's a real treat to be able to see them." The Closet also serves areas of the community that other thrift stores may not reach.

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Monday, March 28

The Closet is open Sundays from 10 a.m. to 2 p.m., with volunteers working from 10 a.m. to 2 p.m. The Closet is located at 805 N. Fairfax St., Herndon. For more information, please visit www.theclosetofgreaterherndon.org.
school gives back

langston Hughes middle school celebrates its 30th birthday.

by christy Steele
the connection

langston Hughes middle school in reston celebrates its 30th anniversary this year with 30 acts of community service to thank its community. Some of the acts thus far include a fundraiser, an event to thank local police officers and reading to students at Terraset Elementary School.

“What I really like about this school” says amy zhao, secretary, “is that we get a chance to do a lot of things that students at other school don’t.” There are nearly 40 clubs for students to get involved in and many school sponsored events throughout the year that increase spirit and enthusiasm about being part of the school community. Tyler Macaluso, school treasurer, has heard that “academics are very hard [at South Lakes High School],” but that “Langston Hughes definitely prepares students.”

the school principal, aimee monticchio, says that the diversity of LHMS is one of the school’s best attributes. “The school’s strength lies in its diversity and the ways that we educate children to the highest academic level while putting forth a character profile that fosters interaction with all types of people in all types of situations,” she says. The Hall of Nations is a central area of the school building where flags from many of the different countries represented by the student body are displayed. This began at the same time that the school began offering the International Baccalaureate program to its students.

there is a substantial focus on teaching students to give back to their communities and respect their peers. The school invites students hear from and learn about their communities and respect their peers. The school invites guests from all walks of life, including a mountain guide from Tanzania and a marathon runner who starts running clubs at homeless shelters. LHMS students hear from and learn about individuals who come from different walks of life and the school makes an effort to get students involved in activities that increase their awareness. For instance, students can contribute self-made books to an international non-profit organization called Books of Hope, which distributes the books to less fortunate children in Uganda.

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At its 30th anniversary, LHMS finds itself adapting to the increasing amount of technology involved in the learning process. “We have natives in the building,” says monticchio, when discussing the comfort level that students have with technology. She believes that digital forms of learning can “make the curriculum feel a little bit more like [the students’] world.”

Since its inception, LHMS has seen the transition from traditional blackboards to white boards to smart boards. The school is also piloting a U.S. History textbook online for the seventh graders which includes streaming video, authentic texts, primary sources and links to all sorts of internet sources where children can pace themselves through the curriculum and learn in the ways that are best for them. The goal for the next era of education is to continue to invest in new technology that will allow for more exciting ways of learning and more effective methods of teaching.

Monticchio is committed to fostering open-mindedness, tolerance and collaboration at LHMS and adapts a quote from the principal of South Lakes High School: “If it can happen at Langston Hughes, it can happen in the world.”
Job killing tax increases, wasteful government spending, and campaigns funded by Big Labor.

- Voted for a $2 BILLION TAX INCREASE on our homes and cars. (Senate Bill 6009, 7/9/08)
- Plum even voted against a constitutional amendment to cap and control government spending including public employees. (House Joint Resolution 789, 2/10/09)
- Took over $87,000 in campaign cash from Big Labor in just the last two years. (PAPQRG)
- Stands up for big labor – voted against Right to Work Constitutional Amendment (House Joint Resolution 500, 1/18/11) and against requiring secret ballots for union elections. (House Bill 2052, 1/28/11)

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Faith

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

Fourteen choir members from the Unitarian-Universalist Church in Reston will join with more than 200 other voices from U-U churches in the Greater Washington Metro Area on Saturday, March 26, at the Unitarian Universalist Church in Arlington. The directors from the fourteen participating area churches meet regularly in a group they call, MUUSICA. Singers will spend the day working with these directors and getting to know one another.

The highlight of the day will be the closing Vesper Service where the 250 voice choir will sing the works rehearsed in the morning. The 2 p.m. Vesper Service is free and open to the public at the U-U Church of Arlington, 4444 Arlington Blvd. in Arlington. For more information contact Mary Ann East, e-mail: music@uureston.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.

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

School Notes

Martha F. Fischer of Reston has been accepted to The Graduate School at Virginia Tech. Fischer is majoring in human development and pursuing a master of science.

Emily M. Peck of Reston has been accepted to The Graduate School at Virginia Tech. Peck is majoring in human development and pursuing a master of science.

Frederick M. Kyle of Reston has been accepted to The Graduate School at Virginia Tech. Kyle is majoring in educational leadership and policy studies and pursuing a master of arts in education.

Lauren E. Whitley of Reston, a 2009 graduate of South Lakes High School, has been named to the fall 2010 dean’s list at Christopher Newport University in Newport News. The sophomore is a directing and dramatic literature major in the Theatre Department.

Melissa Tran of Reston has been named to the fall 2010 dean’s list at Providence College of Providence, R.I.

Elisa Becker of Reston has been named to the fall 2010 dean’s list at Lycoming College of Williamsport, Pa.

Khalid Abdelaziz of Reston has been selected as a national outstanding campus leader and is included in the 2010 edition of Who’s Who among Students in American Universities and Colleges. Abdelaziz is majoring in Information Technology at Marymount University.

Tyler Binh Nguyen of Reston was named to the fall 2010 dean’s list at Mary Baldwin College of Staunton.

www.ConnectionNewspapers.com
Reston Girls Show They Care

A small project grows into a show of support for U.S. troops abroad.

By Christy Steele
The Connection

Kate York of Reston, a seventh grader at Langston Hughes Middle School, started Show You Care, an effort to support U.S. troops, in 2008 when her uncle was deployed to Iraq. As a girl scout, she began by sending him his favorite type of cookie, Do-si-dos, and then expanded the effort by sending cookies to hundreds of other members of the Armed Forces. Care packages now include a box of girl scout cookies, a granola bar, bazooka gum and baseball cards. Last year Kate and her team sent 1,200 packages and this year they hope to send 1,500.

“I was hoping to remind the soldiers of home,” says Kate. “That’s why we write the town [of the donor] on the tag, to show them that people care.”

Over the past three years, Kate’s effort has grown steadily. She receives donations from individuals around the country that go toward purchasing the items and shipping the packages. Bazooka recently found out about her project and donated the bubble gum to fill her packages this year. Kate’s grandfather assists her every year by filling out the customs forms and delivering the packages to the post office. He also found someone who was willing to donate a large amount of baseball cards to the cause. The rest of Kate’s family and friends have also provided a lot of support for the project. Julia Schwartz, an eighth grader at Flint Hill and close friend of Kate, has helped Kate every year to assemble the packages.

When Kate’s uncle, Col Don Kimminau, finished his tour and returned to the U.S., he provided Kate with the contact information for those who took his place in Iraq. Each year, she communicates with a contact and gets a list of each soldier’s favorite type of girl scout cookie. “That she has worked so long at this project is something I certainly admire,” says her uncle.

The response that Kate has received from soldiers has been one of heartfelt gratitude. “I loved getting all of the letters back from the soldiers” says Kate. “I feel like the project is getting a lot of publicity which is leading to more public support and that is what I am working for.” Kate has received letters of gratitude from many Armed Services members as well as coins and official U.S. flags.

While Kate plans to keep the project going and is always seeking more public support, she states, “we don’t want to be seeing soldiers in the Middle East for 10 more years. Our biggest hope is that it ends and we aren’t doing it, not because we don’t want to, just because we don’t like to see all of those soldiers sent there.”

To make a donation to help Show You Care reach its goal of 1500 care packages this year, visit http://www.freewebs.com/showyoucare.
OFFICE CLEANING
PT help needed, Mon-Fri, cvs, Chantilly/Sterling area. Must be reliable, experienced, own transportation. Call Larry 703-628-9280 after 6:00pm

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Landscape
Chapel Valley Landscape Company is seeking US Citizen workers for Restricted Government Projects. The candidates must have landscape maintenance or related field experience; willing to train the right candidate. Premium pay and benefits. Fax resume to Carmen Palacios at 703-406-9251 or e-mail to carmenp@chapelvalley.com EOE. Substance-free workplace.

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Accounting firm in Reston seeks individual with knowledge of Word and Excel for full-time administrative assistant position. Word processing is primary responsibility. Some billing and mailing. Attention to detail and accuracy are important. Excellent salary, benefits, and flexibility. E-mail cover letter, salary range, and resume to cpage@groupcase.com

Landscaping
Chapel Valley Landscape Company is seeking Crew Personnel - Supervisors for the Landscape Maintenance Branch in Dulles, VA. The candidates must have landscape maintenance or related field experience; willing to train the right candidates. Please contact Carmen Palacios at 703-406-6802, ext. 4457 or e-mail resume to carmenp@chapelvalley.com EOE. Substance-free workplace.

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Landscape
La compañía de jardinería Chapel Valley es buscando Personal de Tripulación y Supervisores para su ramo de mantenimiento de jardines en Dulles, Virginia. Los candidatos deben tener experiencia en mantenimiento o experiencia relacionada con este campo, dispuestos a entrenar a la persona correcta. Por favor contactése con Carmen Palacios al 703-406-6802, ext. 4517 e mande su resumen por e-mail al carmenp@chapelvalley.com EOE. Substance-free workplace.

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For Local...
June 17 to June 23

25 Sales & Auctions
For Listing
June 17 to June 23

117 Adoption
For Adoption
June 17 to June 23

26 Antiques
For Sale
June 17 to June 23

25 Classifieds
25 Sales & Auctions
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ZONES
Excuse Me

By KENNETH B. LOURIE

Not that I want to use my having cancer as an excuse, but let’s be honest: it’s a pretty good one to have, as far as excuses are concerned. So far as this insidious disease is concerned, however, it’s a lousy one, which ironically is the indisputable reason why it’s such a good excuse—for almost anything.

Part of my learning to live with my cancer diagnosis/prognosis has been self-discipline—not giving into it, if at all possible; and trying not to use it as a reason to not do something that someone might want (or need) one to do. I think it’s extremely difficult, though, to maintain that balance between participating/paying attention to one’s health, and not doing/paying for anything because I have cancer. “Playing the cancer card” is how Mary, my sponsor, has characterized this almost-religious action over these many years.

Generally speaking, it’s nearly impossible to get me to do something new, that I don’t want to do, especially if it means even considering. In my subconscious, it’s a battle between “Why bother? I have cancer” to “How is it going to benefit me?” And the longer I live with this insidious disease, the more focused on my own pursuits I become and the less flexible in accommodating other’s intentions, the best of them though they may be. If there were a switch to turn off the nonstop, cancer-dominated mindset, I would. It would make life so much easier. But when you have an ace in the hole—so to speak, or a Jeannie in a bottle—or some magical power/possession (Lord of the Rings), the drain and demand on your emotional resources is incalculable.

Sometimes, resistance is futile; you give in. Sometimes, you find strength you didn’t know you had and you persevere. Sometimes, you times, you find strength you didn’t know you had and you persevere. Sometimes, resistance is futile; you give in. Sometimes, times, you find strength you didn’t know you had and you persevere. Sometimes, resistance is futile; you give in. Sometimes, times, you find strength you didn’t know you had and you persevere. Sometimes, resistance is futile; you give in. Sometimes, times, you find strength you didn’t know you had and you persevere. Sometimes, resistance is futile; you give in. Sometimes, times, you find strength you didn’t know you had and you persevere. Sometimes, resistance is futile; you give in. Sometimes, times, you find strength you didn’t know you had and you persevere.
South Lakes looking to improve on last year’s 6-win season.

By Rich Sanders
The Connection

In many regards, Herndon High’s 2010 baseball season was quite a success. The Hornets, who were under then-first year head coach Greg Miller, were in the running for the regular season Concorde District title right up to the final two weeks of the season before faltering in losses to district leaders Westfield and Centreville. Herndon ultimately lost its first round district playoff game to Oakton in extra innings to miss out on qualifying for the 16-team playoffs, which had been a goal throughout the season for the Hornets.

While there was disappointment as a result of not qualifying for regionals, Herndon did put together a fairly good overall season in Miller’s first year at the helm. The program had struggled in prior years so the Hornets’ 11-7 overall mark last spring was a breath of fresh air.

But the Hornets have graduated quite a number of players from last year’s team, including 2010 First Team All-Concorde District selections Nick Impellizzeri (outfield), Dan Shill (pitcher), and Zach Reif (DH).

Miller’s squad this spring consists of 15 players with no varsity experience. So 2011 will be a season in which talented but inexperienced players get their feet wet at the varsity level.

It could work either way this season. Herndon could surprise its district rivals and, with youthful gusto and enthusiasm, make a run at the regular season district crown. On the other hand, the Hornets could, perhaps, go through the normal growing pains of a younger squad and struggle to win consistently.

The great thing about baseball is, you just never know. Miller wants no part of a “wait until next year” mentality.

“Despite our youth, we still have high expectations this year,” said Miller, whose squad consists of just three seniors. “Our defense will be much improved from last year, and we have competition at almost every position. We are hoping to build on the success we had last year. Although it was a good year, we certainly didn’t meet one of our major goals of making the regional tournament. This year we not only expect to get to the tournament but we expect to make some noise once we get there.”

Herndon certainly was impressive at its own season-opening Alan McCullock Invitational last weekend, where the Hornets won both of their games - 8-0 over Fauquier High on Friday, and 3-2 over Kettle Run (Nokesville) on Saturday. The tournament is named after McCullock, the popular, longtime former Herndon High baseball coach who stepped down following the 2009 season. The Hornets’ home field diamond - Al McCullock Field - is named in his honor.

Herndon’s lineup consists of three returning starters in sophomore outfielder Ky Parrot, senior second baseman/pitcher Dylan Garten, and junior catcher Matt Smith.

Garten, a right-handed pitcher, recently accepted a scholarship to play baseball at Shepherd University (West Va.). Two Herndon High seniors from last year, Impellizzeri and Paul Hvizdovic, are currently members of the Rams’ baseball team.

Herndon has received good early season contributions thus far from juniors Chris Dugan (third base), pitcher/outfielder Tyler Reif, and pitcher/second baseman Addison Wright.

Reif, in Herndon’s win over Fauquier last week, pitched a complete game one-hitter.

Next Wednesday night, March 30 at 6:30, Herndon will be at home against local rival South Lakes.

SOUTH LAKES HIGH is off to a 1-1 start. The Seahawks, under veteran head coach Galvin Morris, competed at the McCullock Invitational at Herndon last weekend. There, South Lakes lost a Friday evening game to Kettle Run, 6-0, then came back strong the following afternoon with a 10-4 win over Fauquier.

In the season-opener loss to Kettle Run, South Lakes tallied just one hit, that coming in the seventh inning off the bat of Billy McLaughlin, who was the lone base-runner of the game for the Seahawks.

South Lakes’ starting pitcher John Beck pitched well in the loss, allowing three runs and two hits over five solid innings.

South Lakes got its bats going in Saturday’s win over Fauquier. The Seahawks took command from the start by scoring five first inning runs and going on to their first victory of the season. Ryan Forrest, South Lakes’ leadoff hitter, knocked around three hits in the game, including a solo home run and a double. Also for South Lakes, right fielder David Odlen and first baseman Austin Gibbons both contributed key hits and drove in three runs.

Forrest, South Lakes’ leadoff hitter, knocked around three hits in the game, including a solo home run and a double. Also for South Lakes, right fielder David Odlen and first baseman Austin Gibbons both contributed key hits and drove in three runs. Other good games came from McLaughlin (1 hit, 2 runs), Nick Beaulac (3 runs, RBI), Will Sweet (double, RBI), and Nathan Vellayan (1 hit).

Sweet was the winning pitcher, allowing two runs and five hits over four innings as the Seahawks’ starter. Odlen pitched three innings in relief, striking out six.

South Lakes was scheduled to play Liberty District games this week versus visiting Langley on Tuesday, March 22, and at Stone Bridge this Friday night, March 25 at 6:30. Next Tuesday night, March 29 at 6:30, the Seahawks will play at home versus district opponent McLean. The next evening, Wednesday, March 30, South Lakes will play at Herndon.

South Lakes will be looking to improve on last year’s 6-16 season. The Seahawks, at last year’s district tournament, defeated Langley in a play-in game before seeing their season end with a 9-2 loss to Stone Bridge.

Soccer: Hornets Beat Seahawks, 3-0

South Lakes fights to keep up with Herndon and the ball. They kept the score 0-1 in the first half, until the second half when Herndon scored another two goals.

Herndon Hornets defeat South Lakes Seahawks, 3-0. Pictured left to right: Peter Hutchins, Chris Czerwinski, Mohamed El Nahal, Salah Warid