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PHOTO BY ALEX McVEIGH/THE CONNECTION

# Winning Again

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From left, Potomac River Running owner Ray Pugsley, Miles the Marine Corps Marathon Bulldog and MCM Race Director Rick Nealis at the Reston Potomac River Running Wednesday, Jan. 4. The store was awarded its second straight first-place prize for the Marine Corps Marathon's running store division, which it won with a team time of just over eight hours.

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## THEATER PREVIEW

# Wild Antics at CenterStage

BY DAVID SIEGEL  
THE CONNECTION

Audiences have asked for it. Enthusiastically, the Reston Community Players are cooperating by re-mounting “Lend Me A Tenor,” a rollicking, over-the-top farce from award-winning playwright Ken Ludwig.

“Lend Me A Tenor” is one of only “a handful of plays and musicals” that the Reston Community Players have repeated according to Lori Knickerbocker. It comes complete with a bounty of screwball shenanigans, ample impersonations with an abundance of pratfalls and a profusion of physical comedy.

What is it about? The year is 1934 and everything goes incredibly array for the fictitious Cleveland Grand Opera Company before a major production of “Othello.” The life of the star tenor (Kevin M. Gunn) is unraveling with the adage “the show must go” put to the test. “Lend Me a Tenor” was produced on Broadway in 1989 receiving multiple Tony Award nominations. There was a Broadway revival in 2010 again with Tony nominations.

For Director Sam Nystrom the production is a combination of moving parts; a mash-up of the high-brow with low comedy. “It is almost a ‘Rube Goldberg’ machine of a play built to bring laughter. There is a mixture of sex, sophistication, and clowning that can’t help but lead to a boisterous climax to enjoy. The ridiculous situations play out with a remarkable

**Jennifer Lambert (left), Ashleigh de la Torre (center), and Evie Korovesis (right) in the Reston Community Players’ production of ‘Lend Me a Tenor.’**



PHOTO BY DAVID SIEGEL/THE CONNECTION

## When and Where

“Lend Me a Tenor” by the Reston Community Players. Performances are in the CenterStage Theater, Reston Community Center, 2310 Colts Neck Road, Reston. Runs Jan. 20 – Feb. 4, 2012. Friday-Saturday evenings at 8 p.m., 2:30 p.m. Matinee on Jan. 29. Tickets: \$15-\$18. Note: Recommended for ages 13 and up for sexual subject matter and mild mature language. Call 703-476-4500 or log on: [www.restonplayers.org](http://www.restonplayers.org).

degree of sense.”

Ryan Manning is Max the aspiring young singer called upon at the last minute to take on the opera star’s identity with a surprising visual appearance and unexpected consequences. For Manning this is “a great role, my character even becomes the unexpected hero of the show. He moves from being meek and mild to a having a newfound confidence. He even wins the girl at the end.”

Buz Gibson plays the producer of the fictional opera company. “He is supposed to be in charge, but has absolutely no control of

anything. Not even my stage daughter or even a bellhop. It is quite an entertaining character to take on and be.”

The ingénue and object of much attention is Ashleigh de la Torre. With a big infectious smile throughout a recent interview, she described her role as “a fun character. I even get to play someone who wants to make it big by using all her charms. She is lots of fun to watch as she chases through doors wearing provocative slinky attire.”

“It’s a very funny show, you will be bowled over.” said Manning.

## Herndon Student Wins Local Poster Competition

Ahmad Amin, a 7th grade student at Herndon Middle School, won a poster competition sponsored by the Reston Lions Club.

Amin’s poster was among more than 350,000 entries submitted worldwide in the annual Lions International Peace Poster Contest. Lions Clubs International is sponsoring the program to emphasize the importance of world peace to young people everywhere.

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

Steve Reber, Reston Lions Club President said he was impressed by the expression and creativity of the students at Herndon Middle School. Locally, Amin and other students will be recognized for their participation by the Reston Lions Club in January 2012 at Herndon Middle School.

One international grand prize winner and 23



**Ahmad Amin’s winning poster for the Reston Lions Club.**

merit award winners will be selected. The grand prize includes a cash award of \$2,500, plus a trip for the winner and two family members to an awards ceremony at Lions Day with the United Nations in March 2012.

View past international grand prize winners at [www.lionsclubs.org](http://www.lionsclubs.org). Lions Clubs International is the world’s largest service club with 45,000 clubs in 205 countries around the world.



PHOTO BY ALEX MCVEIGH/THE CONNECTION

**From left, Miles the Marine Corps Marathon Bulldog, Potomac River Running owner Ray Pugsley, MCM Race Director Rick Nealis and Reston Potomac River Running Manager Meghan Ridgley. Potomac River Running was awarded their second straight first place finish in the running store division of last year’s Marine Corps Marathon.**

## Winning Again

BY ALEX MCVEIGH  
THE CONNECTION

Potomac River Running in Reston Town Center was recognized Wednesday, Jan. 4 for winning the running store division at last year’s Marine Corps Marathon. This is the second year in a row, and third time total, that Potomac River Running has won the store division.

“It’s always exciting to see them win, knowing that each time they do, the bar is raised higher for all the stores,” said Race Director Rick Nealis. “They seem to crush the other stores, and this year they had Adam Condit, who was their ringer.”

Condit, formerly of Ashburn and now living in Cedar Rapids, Iowa, helped Potomac River Running’s cause (and his own) by finishing fifth out of 21,023 runners with a time of two hours, 29 minutes and 28 seconds. Ray Pugsley, manager of the store, said the store participates as a group to connect more with their community and their customers.

“It’s nice to be involved in as many facets as possible, we already provide equipment and training, now we’re competitors

as well,” he said. “We’re trying to stay as connected as possible.”

Nealis said the store division allows local shops, which he called “the home base for most runners,” to encourage a fun, competitive rivalry with the people who are most involved with the running community.

“The stores are the ones who outfit the runners, and they also

keep in touch with runners throughout the year, and we reap the benefits,” Nealis said. “We’re always glad to serve as a conduit for local runners.”

The running store division has been a part of the Marine Corps Marathon for the last five years, and Potomac River

**“It’s nice to be involved in as many facets as possible, we already provide equipment and training, now we’re competitors as well.”**

— Ray Pugsley, manager

Running has won three times. They compete with the other locations, of which there are eight around the area, as well as other stores.

“Hopefully we’re in this position for many years to come as well,” Pugsley said.

In addition to Condit, the team consisted of Chris Sloane of Rockville, Md., who ran the marathon in 2:37:22 and Mary Klaff of Potomac Falls, who ran in 3:39:40. Together the team won with a combined time of 8:46:30.

**Julia Jones reminds elected officials to the Virginia General Assembly from Fairfax County of the importance that all residents, including those that may need extra assistance, have access to polling stations, access to registration and other services related to voting, especially for those living in assisted living communities. Jones is a representative of the League of Women Voters of the Fairfax area.**



PHOTO BY ROBBIE HAMMER/THE CONNECTION

## Citizens Appeal for Human Services

**Residents share personal stories of recovery and survival.**

BY VICTORIA ROSS  
THE CONNECTION

**F**retful about the impact of Governor Robert McDonnell's proposed budget cuts to social services, representatives from numerous Northern Virginia advocacy groups voiced their opinions to Fairfax County's state legislative delegation.

More than 60 residents gathered at the Fairfax County Government Center on Saturday, Jan. 7 to champion a number of causes. For nearly five hours, speakers touched on a wide range of issues - from education and the environment to transportation and no-excuse absentee voting. Many shared personal stories of survival and recovery, and the need to continue funding streams for Medicaid waivers and community-based social and mental health services.

**THE ANNUAL PUBLIC HEARING** gives citizens an opportunity to speak directly with their legislative representatives before each legislative session.

Lu Ann McNabb of Centreville spoke movingly on behalf of the VTV Family Outreach Foundation, created by families and survivors directly impacted by the 2007 shooting at Virginia Tech. She urged lawmakers to fight for mental health services for college students. "In the wake of the largest massacre on a college campus in United States history, the Commonwealth implemented much-needed legislative reforms," McNabb said, pointing out that funding for state mental health services has been cut to pre-2007 levels.

"We have seen the devastating impact of ignoring mental health issues of our young people, from the gunning down of two police officers at the Sully District Police Station...to the five beautiful young women who died on April 16, 2007," McNabb said. "Each and every day, families are devastated by men-

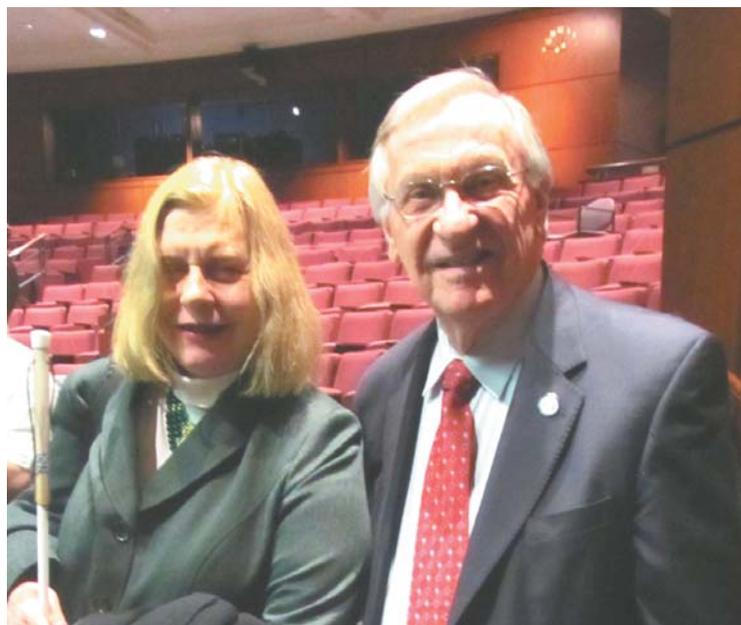


PHOTO BY VICTORIA ROSS/THE CONNECTION

**Del. Ken Plum (D-36) with Doris Ray, who spoke on behalf of the ENDependence Center of Northern Virginia, a community-based resource and advocacy center that promotes the independent living philosophy and equal access for all people with disabilities. Plum said there were fewer people this year than in previous years, but there was a strong emphasis on restoring proposed cuts to social services. "It's critically important that government has to be, in part, about helping the most vulnerable," Plum said.**

tal illness. We can no longer bury our head in the sand..."

Carmen Clark and Daniel Ing talked about the mental health and addiction services they received from the Fairfax-Falls Church County Community Services Board (CSB).

"Frankly, without these services, I would be dead," Clark said to the panel. "Using and abusing drugs and alcohol is a way to cope with mental illness, so we need to have services that get to the core issues."

"People with mental illness can be productive," Ing testified "But only if we have access to these services. As a community, we are only as strong as our weakest points," Ing said.

Del. Vivian Watts (D-39) said she noticed more people willing to talk about mental health issues. "That's a shift from previous years," Watts said. "We've heard more from those advocating for the mentally ill, not only substance abuse or autism, but a wide range of needed services."

She said it was encouraging that more people are willing to acknowledge the impact that mental ill-

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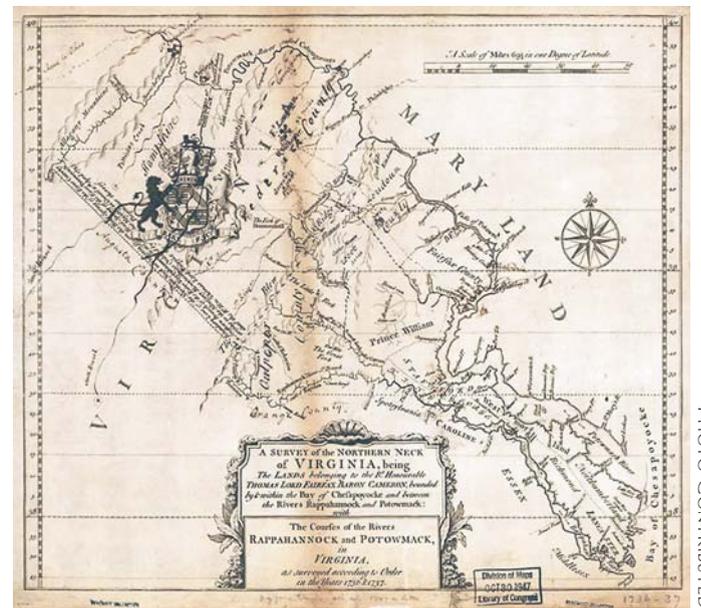


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**The Reston Historic Trust will host a presentation about the early history of Reston, which begins with the Northern Neck Proprietary grant, given by Britain's King Charles II in 1649.**

## Reston Looks Back On Early History

**Historic Trust hosts historians for look at colonial-era Reston.**

BY ALEX MCVEIGH  
THE CONNECTION

**W**hile the name Reston has only existed since the community's founding in 1964, the land it sits on has history that goes back hundreds of years. Reston's history will be the subject of the Reston Historic Trust's next program: "The Colonial and Early History of the Reston Area."

Historian Karen Washburn, a past chair of the Fairfax County History Commission, author and member of the Great Falls Historical Society, will make the presentation, along with Ted McCord, who teaches U.S. history at James Madison University.

"I plan to start with the Northern Neck Proprietary Grant of 1649, which was given by [Britain's] King Charles II while he was in exile, traveling through Europe," Washburn said. "I'll make brief mention of the Native Americans that were here before, but it mostly begins in 1649."

King Charles II awarded almost five million acres between the Rappahannock and Potomac River, which were eventually inherited by Thomas Fairfax, Lord of Cameron.

"One of the things I'll discuss is why the surveys of the land weren't very good, and no one really had any idea about the land, because almost none of it was mapped," Washburn said.

"In fact, I'll discuss why there were problems surveying all the way up until the invention of GPS."

With no major waterway going through it, the land was difficult to get through, settlers could only get by on foot or on horse.

"This area is unique, because of the proprietary, it was one of the last areas developed," said Loren Bruce, a member of the trust.

Most of the land was timber forest, but even the wood from the area couldn't be moved out easily.

"Lord Fairfax didn't feel much of a need to develop the area, his passion was sport hunting," Washburn said. "After the proprietorship, he was the first person to settle there, and I believe it was because he wanted to check out the land and see where he wanted to live."

The presentation will also follow Reston through the purchase of the land by Benjamin Thornton, the creation of Great Falls Manor and the building of the Alexandria, Loudoun and Hampshire railroad, which later became the W and OD.

It is the latest in the historic trust's series of the area's pre-Reston history. It will take place at the Reston Community Center Lake Anne, 1609 Washington Plaza, Thursday, Jan. 19 from 7 to 9 p.m.

Admission is free. More information is available at [www.restonmuseum.org](http://www.restonmuseum.org).

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## Celebrating Chanukah at Lake Anne

Thursday night, Dec. 22, the third night of Chanukah, a crowd of 250 people gathered at Lake Anne Plaza for the annual Outdoor Chanukah Festival. The lively group from across the community spectrum gathered together to witness Robert E. Simon light the Ice Menorah, and to enjoy donuts and latkes, chocolate coins and dreidles, as well as a performance by the Chabad Hebrew School. The event is annually sponsored by Chabad of Reston-Herndon. Visit [www.chabadrh.org](http://www.chabadrh.org).

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## COMMENTARY

# Life in Richmond

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

I now live and work in Richmond weekdays for the annual General Assembly session. I will be in the Capital City until at least March 11. Joining me and the other 99 delegates and 40 senators will be an entourage of nearly a thousand lobbyists, many of whom live in the Richmond area year-round. Some have likened our quick movement into the city and our sudden departure two months later to be like a circus that comes to town. While I do not particularly like the imagery such a comparison evokes, I do have to admit that we do come and go pretty quickly with some entertainment in the meantime.



last century the John Marshall was the scene for social events in Richmond. As the center of the city declined, its business along with that of Miller & Rhoads and Thalhimers' department stores went to the suburbs. The Hotel had been closed for many years before the conversion to apartments that just came on the market. I walk the couple of blocks to the General Assembly Building located at the corner of 8th and Broad Streets. I am generally in my office before 8 a.m. daily.

There are many more social events in the evenings hosted by interest groups and lobbyists than anyone could ever attend. There is little or no hard lobbying that takes place at these events. They are viewed more as opportunities to meet and greet. They are scheduled around breakfast or dinner as being times that legislators might be available from office hours, committee meetings, and floor sessions. No lunch time events are scheduled, as the General Assembly goes into session at noon most days.

My trip to Richmond each Sunday evening or early Monday morning takes two hours. It is a reverse commute going opposite the thousands of cars that creep up I-95 in the mornings. My return to Northern Virginia late Friday evening is also against the heavy traffic of people who commute to Northern Virginia and Washington, D.C. for employment but who live in Woodbridge, Dale City, Stafford, and other areas further south with more affordable living. My leaving and returning via the Fairfax County Parkway and Route 123 to I-95 takes me out of some of the worst traffic in the corridor.

The state provides a per diem for legislators who live outside the capital region to pay living expenses. This year I am staying in the former John Marshall Hotel that has been renovated into apartments. In the middle of the

Please call my office with your concerns and questions. My local office number, 703-758-9733, rings in my Richmond office with no additional charge to you. Or send an email to me at kenplum@aol.com; hardly anyone uses snail mail any more. If your schedule permits, please visit me any weekday; I would be pleased to show you around as time permits. The historic Capitol has been restored to Jefferson's original design and has been expanded with underground meeting spaces. Come experience some of the legislator's life in Richmond!



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# OPINION

## Tune in to General Assembly

Republicans control House of Delegates and Senate; Senate has served as roadblock to many things passed by the House in the past.

The newly configured Virginia General Assembly has begun its work in Richmond, convening on Jan. 11. By Valentine's Day, the Senate and the House will be done with their own legislation and will be considering only legislation already passed by the other chamber. In previous years, this is where the legislation passed by the Republican-controlled House often met its demise in the committees of the Democratic-controlled Senate, but this year is different.

With 20 Democrats and 20 Republicans making up the Senate, and Republican Lt. Gov. Bill Bolling able to cast the tie-breaking vote on many issues, plus a Republican governor to sign bills passed, this year is likely to have a somewhat different flavor and outcome than sessions past.

If everything goes smoothly passing the budget and Congressional redistricting (what could

go wrong?), the session will adjourn on March 10.

Some things to watch: As the Governor seeks to increase money for transportation without raising taxes, the proposed budget will reduce money for K-12 education and social services. More conservative legislation, including concerning abortion and guns, is likely to emerge. The Governor's proposals to reduce regulation will likely move freely through the assembly.

Northern Virginia residents expressed their concerns at a hearing before the Fairfax County delegation to the General Assembly last Saturday, Jan. 7. About 60 people spoke, many about the need for continuing funding for social services, help for people with disabilities, treatment for people struggling with substance abuse, and more.

Chances are excellent that the senator and delegate representing you have changed since last year because of redistricting, elections and

the retirements of several long-time representatives. New districts snake, rattle and roll around Northern Virginia in a way that makes it impossible to say simple things, like, if you live in Arlington, your senator is so-and-so. Unfortunately, if you live in Arlington or Alexandria, your senator could be one of three people. If you live in Fairfax County, it's also impossible to describe simply. You need to look it up.

The good news is that the General Assembly website is relatively user-friendly. Visit [http://legis.virginia.gov/1\\_cit\\_guide/contacting\\_my.html](http://legis.virginia.gov/1_cit_guide/contacting_my.html) to look up who your legislators are, and how to contact them. You can also track particular legislation that interests you, or browse some of the thousands of bills that have been introduced by topic.

General Assembly website: <http://legis.state.va.us/>

Follow the Virginia Senate on Twitter, @vasen and the Virginia House of Delegates on Twitter @vahouse

- MARY KIMM,

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## A License To Kill?

BY JOHN LOVAAS  
RESTON IMPACT PRODUCER/HOST

Since its creation in 1940, Fairfax County police officers have killed many people in the line of duty. In most cases, the deaths seemed justified, but other killings have raised questions. The circumstances of the killings were investigated only by the police themselves and, consistent with FCPD's lack of transparency discussed in a previous column, little information about them was made public. Over 71 years, no officer has been charged with wrongdoing. Most U.S. jurisdictions have set up civilian review boards to conduct independent reviews of killings and other complaints about police behavior. Over the years, there have been calls for creation of an independent civilian review board here by the media, the NAACP and groups such as the Virginia Citizens Coalition

for Police Accountability (see [www.virginiaccpa.org](http://www.virginiaccpa.org)).

Civilian review not only protects the public, but also can help to restore confidence in the police. Despite suspicious deaths over the years, including several recently, the Fairfax County Board of Supervisors maintains a hands-off approach to managing this armed force of over 1,400 with a strong union. Recent killings convinced the timid Supervisors to ask for an internal audit of police operations. The audit will be completed in a couple of months. But, it seems unlikely it will lead to the creation of a civilian review function or that it will even be made public. I fear the code of silence will prevail.

The parents of Salvatore Culosi, a well-liked young optometrist shot dead in front of his home



while amicably talking with an undercover officer, a rare "convinced... that an independent Civilian Review Board is necessary so that those

### INDEPENDENT PROGRESSIVE

questionable FCPD ...cases such as those seen in this county over the last several years may be afforded a forum where such incidents may be acknowledged, discussed, and hopefully properly remedied." The Culosis sued the county and the officer involved. Rather than go to trial, the county settled out of court for \$2 million. The officer remains on duty.

The family of David A. Masters recently filed suit after fruitless efforts to break the code of silence surrounding the investigation of the killing of the 52-year-old

former Army Green Beret. The unarmed Masters was shot and killed by an FCPD officer during a traffic stop after he allegedly took some flowers from a roadside business. David Masters had no history of violence. Randall Rollins, a 28-year-old black man, was shot 11 times as he sat in the back seat of a car in front of a motel where police had been conducting a drug raid before Rollins and his white female companion arrived. The woman was pulled from the car by police before they opened fire, killing Rollins. A gun was found in the car but according to witnesses it had not been fired. In all three cases, police delayed hours before informing family who were not allowed to see the bodies for days. FCPD refused to identify the officers involved. No officers were charged. Investigations were internal, by fellow police, with no review. I think it is time to end this kind of impunity.

### LETTERS

## False Start with Association Fees

To the Editor:

Jack Kenny, in his Connection opinion ["Another False Start?" Reston Connection, Jan. 4-10] is wrong when he suggests that Northern Virginia is recession proof, and that the area is ready to "support a modest facility of six (tennis) courts." Such an expenditure of money would mean an excessive raise in 2013 billing

on top of the increase in 2012 billing already unloaded on Reston Association residents. Already, we have seen foreclosures on a number of houses where residents have been forced to vacate or sell at a loss.

Senior citizen retirees live here. Some are no longer able to afford to live here under the Reston Association flag.

Yet, Mr. Kenny writes as a tax and spend politician who sees no fault in advocating more bricks and mortar. Yes, every year we see a never hesitating rise in the annual bill. Actu-

ally, the fees are a form of taxation. Taxation because they are obligatory and incur penalties for non-payment. If Mr. Kenny claims to be a leading politician, why is he not suggesting a cut in spending and a cut in the Association taxation. We have a multitude of tennis courts in Reston, but Mr. Kenny does not believe that enough is enough. Mr. Kenny, even the Pentagon is cutting spending! Why not the Reston Association?

John Moffat  
Reston

## Reston CONNECTION

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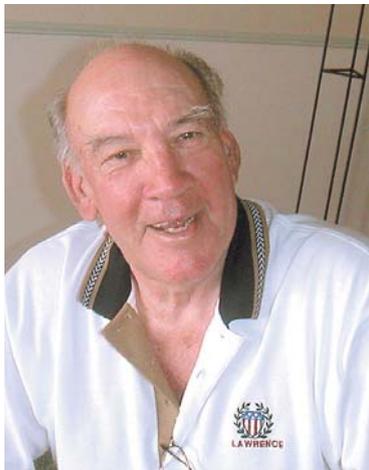
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OBITUARY



John Lawrence

John Lawrence, 86, of Reston Dies

John Paul Lawrence, 86, of Reston passed away on Dec. 28, 2011. He was born in Elizabeth, N.J. on May 24, 1925. During WWII, John served on the Navy troop transport ship, U.S.S. Lejeune, as a medic for five years. He spent the majority of his adulthood working for Dominion Resources.

John loved adventure and regaled friends with stories about his colorful life. He was happiest spending time with friends and family. He was considered the "Mayor" of Reston Sports & Health welcoming newcomers into the fold. He enjoyed his monthly geezers group. He had a wry sense of humor and always a warm greeting. He loved the water spending time in his kayak, boat or swimming in Lake Audubon. He loved animals, reading, travel, and living life to the fullest.

John is survived by his family; Ellen Cunningham, her children Marcia, Michael, Rebecca, Joseph and Christopher and their spouses, his loving cats, Tian and Katie, and his many friends. They will miss him.

BULLETIN BOARD

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

THURSDAY/JAN. 12

Reston Historic Trust Annual Meeting, Art Show and Sale. 6-8 p.m. Reston Museum, Reston Historic Trust, 1639 Washington Plaza, Lake Anne Village Center, Reston. Review of the past year and election of board members. Art show and sale exhibit reception will follow the meeting. www.RestonMuseum.org.

FRIDAY/JAN. 13

Friday Forum Business Networking. 7:30 a.m. Sheraton Reston Hotel Syrah Restaurant, 11810 Sunrise Valley Drive, Reston. Business professionals focused on generating business for members through qualified referrals. New group being formed. Meeting free and open to all, breakfast available for purchase. Meetings every Friday. 703-802-0334.

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# Home Organization for the New Year

Simple solutions for achieving and maintaining an organized home.

BY MARILYN CAMPBELL  
THE CONNECTION

The holiday season is now a festive memory, and Yuletide decorations are packed away. The New Year offers an opportunity for a fresh start and a chance to get organized.

For some, the thought of sifting through unruly closets, disheveled desk drawers and messy cabinets is overwhelming. But experts say clearing out a clutter conundrum can actually bring serenity.

"Organizing is good for the mind and emotions," said Margaret Bucu, owner of Organizing-by-Margaret in Potomac. "When a home is organized, stress and chaos are lessened and are replaced by efficiency and freedom."

When faced with linen closets that hold everything from batteries to extensions cords, and kitchen drawers that are home to items ranging from hammers to toothpaste, it is difficult to know where to start. Local professional organizers say there are simple steps to home organization and believe it is wise to work incrementally.

"The best thing to do is begin with your most difficult area and break your project down into small pieces so it is not overwhelming," said Sally Reinholdt of Closets 911 in Alexandria.

**DECIDE** which organizational hotspots cause the most angst and tackle those first. "Let's say it is the closet," said Potomac-based organizer Nancy Atkinson Patch of Not-A-Problem. "Pull everything out and then take a good look at the space."

Once the space is empty, start to visualize the possibilities.

"Go into a room or space and really daydream about what you want that room to be," said Eileen LaGreca, owner of Sensational Spaces in Fairfax. "What is its function? How do you use it? Then plan what you want to have happen in that space."

Next, divide the contents of the room into categories. "Set up a sorting station," said Atkinson Patch. "Get everything in one spot,



Susan Unger, a Vienna-based organizer, says that an organized home creates serenity.

and then start grouping so you can get a handle on what it is you're dealing with."

Belongings should fall into three categories: those to keep, those to donate and those to discard. Experts say be ruthless. "This is an excellent quality to have when you are organizing," said Atkinson Patch. "Look at the items and ask, 'Have I used this in five years?' If the answer is no, it is time for the item to go bye-bye. Hang trash bags on the door knobs while you're organizing."

Create specific spaces for each object. "There is a saying: 'A place for everything and everything in its place.' Buy appropriate storage containers and label them," said Atkinson Patch. "Then think in departments. Group similar items in one place, put them in a container and call it a department. For example, the extension cords go in the electrical department. Hammers go in the tool department. Needles and thread go in the sewing department."

As you sort, you might find multiples. "Once I had a client who started organizing and discovered that she had 12 staplers because when she couldn't find one she would go out and buy another one," said Susan Unger, an organizer and owner of Clutter SOS in Vienna.

Work gradually until a home or space is organized. "Do it in small, manageable chunks," said Jody Al-Saigh, owner of Picture Perfect Organizing in Arlington. "Perhaps 15 or 20 minutes per day and perhaps one day out of the week. Make manageable goals that you can achieve because you are going to get frustrated if you don't. If you can't do a whole room in one day, maybe do a drawer one day and another one the next day until the room is finished."

**ORGANIZERS** say resist the urge to purchase organizing tools until you assess your needs. "First start by using things you already own before buying new things," said Bucu.

Drawer dividers, non-slip hangers and clear plastic containers are among organizers' top weapons in the battle against chaos.

"[One] client had a lot of necklaces and bracelets that she never wore because they were in a drawer and she couldn't see them,"

said Unger. "I found these great Lucite jewelry hangers that we attached to her closet, and now she sees them and wears them all the time."

"One main organizational problem is a lot of junk drawers," said Atkinson Patch. "Everybody has them. They hold everything from bills to throat lozenges. You're allowed to have one junk drawer in your house. Put everything else in the proper place."

Another source of clutter is unsorted mail. "Stand next to the mail when you first get it," said Atkinson Patch. "Throw out or recycle things you know you don't want or need. Ask yourself, 'Do I have money to give to this charity right now?' If the answer is no, throw it in the trash. You don't need to save these things. You can go online to give to charity and order from catalogs."

To help eliminate excess paper, scan documents and store them electronically whenever possible. "For important things like passports and birth certificates get a fireproof box so you can keep them safe and access them quickly," said Bucu.

With the proper organizational gadgets, crowded closets become more spacious. "One way to make more room in closets [is to buy] hangers with several clips so you can hang multiple clothing items on one hanger and use your lateral space more efficiently," said Reinholdt. "You can piggyback your hangers and hang maybe four or five things in the same space. I am also big on using over-the-door shoe pockets for not only shoes but

for storing all kinds of things like scarves, jewelry [and] small items like socks and underwear."

When organizing a child's space, techniques such as labeling containers with pictures instead of words makes it easier for young children to put belongings in the proper space. "If there is a bin for blocks, put a picture of blocks on the front," said Bucu. "Keep like items together. Dolls with dolls, crayons with crayons."

Bucu organized the playroom in her grandchildren's Centreville home using the same tools that she uses for adult spaces. "What is important for children is that they can see everything clearly and that everything is in arms reach," she said.

Take inventory of children's spaces quarterly. "Go through playrooms and children's bedrooms four times each year to organize and assess toys and clothing," said Bucu.

Once a home is tidy and everything is in its proper place, what is the secret for keeping it that way? Experts say it takes discipline. "There is a maintenance routine where for 10 minutes every day you go around your house and put things back where they belong," said LaGreca.

The "one in, one out" rule is golden in the world of organization. "If you're buying something new, that might mean getting rid of something else to make room for it," said Al-Saigh. "When you buy something, you need to be thinking first about where it is going to go in your home. If an item doesn't have a home, it should not be coming into your home."



PHOTO COURTESY OF SUSAN UNGER  
**Vienna-based organizer Susan Unger says drawer dividers, clear plastic bins and non-slip hangers are tools for creating and maintaining an organized home.**



PHOTO BY EILEEN LAGRECA  
**Eileen LaGreca, an organizer based in Fairfax, says that once you clear out a closet, visualize how the space will be used before re-stocking it.**

"Go into a room or space and really daydream about what you want that room to be."

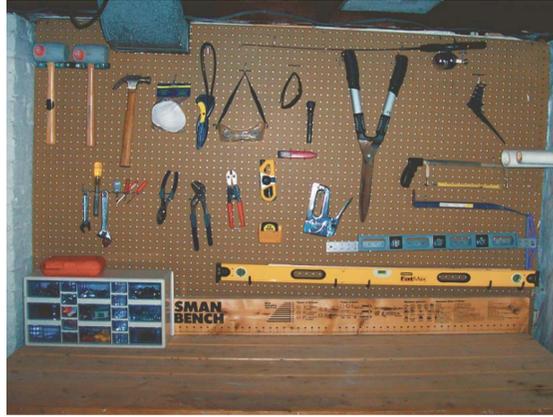
- Eileen LaGreca, Sensational Spaces, Fairfax



PHOTOS BY MARILYN CAMPBELL/THE CONNECTION



One of the keys to organization is creating specific spaces for household items.



Applying organizational strategies puts these tools in easy — and visible — reach for this workbench.



Some shelving and clean bins transform a basement.

## OPEN HOUSES SATURDAY/SUNDAY, JANUARY 14 & 15



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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) & click the Real Estate links on the right side.

Call Specific Agents to Confirm Dates & Times.

Fairfax Station			
5921 One Penny Dr.	\$485,000	Sun 1-4	Marguerite Roland...RE/MAX...703-577-4538
7514 Wilderness Way	\$830,000	Sun 1-4	Marguerite Roland...RE/MAX...703-577-4538
9524 Oak Stream Ct.	\$559,900	Sun 1-4	Dan Mleziva...RE/MAX...703-800-9915
Great Falls			
11769 Hollyview Dr.	Call Agent	Sun 1-4	Glynis Canto...Keller Williams...703-395-2355
9123 Maria Ave.	\$1,425,000	Sun 1-4	Dianne Van Volkenburg...Long and Foster...703-980-4553
Herndon			
11668 Gilman Ln	\$749,900	Sun 1-4	Jacqueline McMahon...Long & Foster...571-722-2601
12124 Eddyspark Dr.	\$499,000	Sun 1-4	Scott Pearson...RE/MAX Allegiance...703-795-4146
13373 Hungerford Pl.	\$244,900	Sun 1-3	Jodi Spellberg...Century 21...703-790-1850
Kingstowne/Alexandria			
6050 Estates Dr.	\$459,900	Sun 1-4	Tracy Jones/Dee Dee Phillips...Acquire...703-690-1174
Leesburg			
18944 Woodburn Rd.	\$489,900	Sun 1-4	George Azzouz...Samson Props...703-728-0843
McLean			
4054 41st St. N.	\$1,410,000	Sun 1-4	Heather Bennett...RE/MAX...703-508-5442
Potomac Falls			
20603 Cutwater Pl.	\$539,900	Sun 1-4	Cathy & John McCambridge...Samson Props...703-906-7067
Reston			
1830 Fountain Drive #304	\$679,900	Sun 1-4	Min & Jimmy O'Burns...Long & Foster...703-437-6110
2070 Cobblestone Ln	\$525,000	Sun 1-4	Stephanie Randall...Long & Foster...703-989-4577
South Riding			
25725 Howerton Dr.	\$709,000	Sun 1-4	George Azzouz...Samson Props...703-728-0843
Springfield			
8301 Covington Woods Ct.	\$849,900	Sun 1-4	Patrick Kessler...Keller Williams...703-405-6540
8305 Covington Woods Ct.	\$849,900	Sun 1-4	Leah Bradshaw...Keller Williams...703-282-7740
Sterling			
20295 Water Mark Pl.	\$900,000	Sun 1-4	Sheila Cooper...Weichert...703-759-6300
20451 Swecker Farm Pl.	\$560,000	Sun 1-4	Dina Azzam...Re/Max...703-547-1449
20626 Bridgeport Ct.	\$599,000	Sun 1-4	Sheila Cooper...Weichert...703-759-6300
Vienna			
1014 Aponi Rd. SE	\$1,359,000	Sat 1-4	Fariba Ferdowsi...Weichert...703-893-1500
825 Ninovan Rd.	\$429,000	Sun 12-3	Jamil Mourtaza...Weichert...703-472-3819
9960 Vale Rd.	\$1,075,000	Sun 2-4	Donna Henshaw...Avery-Hess...703-801-9000
9203 Talisman Dr.	\$624,999	Sun 1-4	Dianne Van Volkenburg...Long and Foster...703-980-4553
Woodbridge			
1410 F St.	\$419,900	Sun 1-4	Tim Crews/Patrick Kessler...Keller Williams...703-288-2339

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](mailto:kwashburn@connectionnewspapers.com) All listings due by Monday at 3 P.M.

# Fairfax County REAL ESTATE

## Top Sales of 2011

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



**3** 903 Turkey Run Road, McLean — \$7,501,310



**9** 540 Innsbruck Avenue, Great Falls — \$3,800,000



**13** 3423 Tilton Valley Drive, Fairfax — \$1,547,850



**16** 3178 Mary Etta Lane, Herndon — \$1,620,000



**19** 2555 Vale Ridge Court, Oakton — \$3,200,000

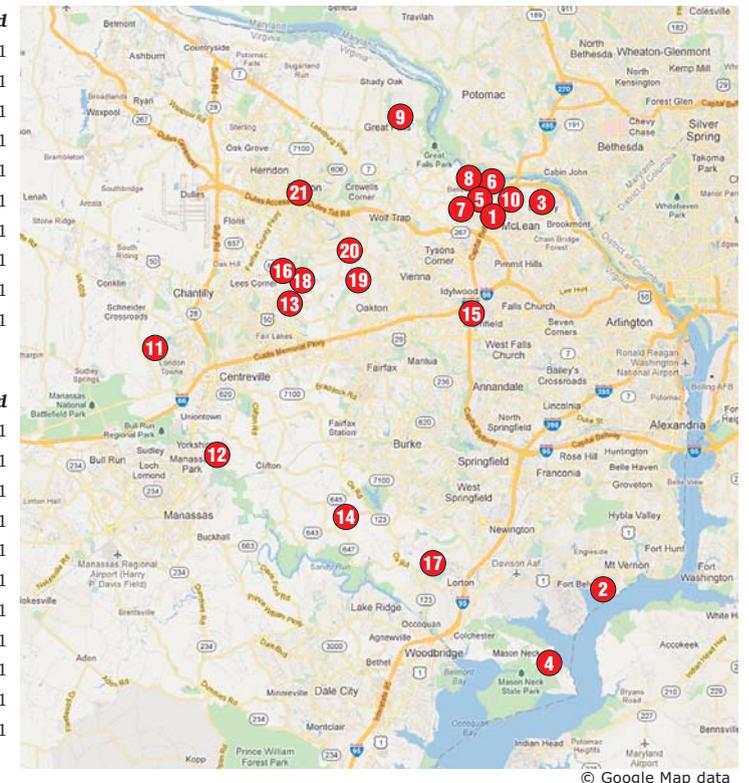
### THE TOP TEN

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1210 MOTTROM DR	6	7	0	MCLEAN	\$8,600,000	Detached	2.00	22101	ELMWOOD ESTATES	11/01/11
9500 FERRY LANDING CT	6	5	1	MOUNT VERNON	\$8,260,000	Detached	11.75	22309	FERRY LANDING	08/04/11
903 TURKEY RUN RD	6	7	2	MCLEAN	\$7,501,310	Detached	1.00	22101	TURKEY RUN	10/27/11
11201 GUNSTON RD	6	8	2	MASON NECK	\$6,100,000	Detached	5.13	22079	STONE MANOR ON THE POTOMAC	09/01/11
1012 FOUNDERS RIDGE LN	6	8	3	MCLEAN	\$5,975,000	Detached	0.85	22102	THE RESERVE	06/06/11
7712 GEORGETOWN PIKE	6	8	2	MCLEAN	\$5,004,000	Detached	2.61	22102	RIVINUS	06/01/11
1043 FOUNDERS RIDGE LN	6	6	3	MCLEAN	\$4,950,000	Detached	1.08	22102	THE RESERVE	06/23/11
7853 LANGLEY RIDGE RD	8	10	2	MCLEAN	\$4,250,000	Detached	5.21	22102	8000 GEORGETOWN PIKE	04/28/11
540 INNSBRUCK AVE	5	6	1	GREAT FALLS	\$3,800,000	Detached	6.17	22066	INNSBRUCK	06/01/11
7017 BENJAMIN ST	5	5	2	MCLEAN	\$3,518,814	Detached	1.26	22101	LANGLEY FOREST	01/12/11

### SOME OTHER TOP SALES IN FAIRFAX COUNTY

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
6140 RIDGEMONT DR	4	5	1	CENTREVILLE	\$1,235,000	Detached	4.87	20120	VIRGINIA RUN THE ESTATES	09/30/11
13761 BALMORAL GREENS AVE	5	4	1	CLIFTON	\$2,225,000	Detached	7.98	20124	BALMORAL GREENS	05/25/11
3423 TILTON VALLEY DR	5	5	1	FAIRFAX	\$1,547,850	Detached	2.04	22033	TADDEO ESTATES	07/22/11
11102 DEVEREUX STATION LN	7	7	2	FAIRFAX STATION	\$1,600,000	Detached	5.00	22039	DEVEREUX STATION	09/16/11
7927 SHREVE RD	0	0	0	FALLS CHURCH	\$1,625,000	Detached	2.10	22043	FALLS PLACE	07/15/11
3178 MARY ETTA LN	4	5	2	HERNDON	\$1,620,000	Detached	0.85	20171	SHADETREE ESTATES	08/03/11
8932 KHALSA CT	5	4	1	LORTON	\$1,095,574	Detached	0.83	22079	YORKSHIRE	11/09/11
3182 MARY ETTA LN	7	7	2	OAK HILL	\$1,682,000	Detached	0.83	20171	SHADETREE ESTATES	08/22/11
2555 VALE RIDGE CT	5	7	2	OAKTON	\$3,200,000	Detached	1.74	22124	BLACKSTONE AT VALE RIDGE	06/30/11
11990 MARKET ST #2112	2	3	1	RESTON	\$2,700,000	Hi-Rise 9+ Floors	20190	20190	MIDTOWN AT RESTON TOWN	10/04/11
2124 POLO POINTE DR	7	6	1	VIENNA	\$2,585,000	Detached	5.00	22181	POLO PLACE	08/15/11

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT [WWW.MRIS.COM](http://WWW.MRIS.COM)



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# ENTERTAINMENT

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

## THURSDAY/JAN. 12

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Stories, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

**Book Discussion Group.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. The Keepers of the House by Shirley Ann Grau. Ask at circulation desk for copy. Adults. 703-689-2700.

**One-on-One Computer Tutoring.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

**eBook/eReader Instruction.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn about library eBooks and how to access them with your compatible device. Call for appointment. Adults. 703-242-4020.

## SATURDAY/JAN. 14

**Reston Community Orchestra: Tribute to Dr. King.** 6 p.m. Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. With singer Beverly Cosham. Featuring music by African-American composers and vocal selections inspired by the Civil Rights movement. Free, donations accepted. [www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

**Fairfax Symphony Orchestra.** 8 p.m. George Mason University Center



**"Profile" by Suzi Fox.** There will be a Reception and Gallery Talk on Saturday, Jan. 21 from 5-7 p.m. at the Greater Reston Arts Center (GRACE), 12001 Market St., Suite 103, Reston. The 2012 Winter Focus features Extensions of the Hand by Suzi Fox, Light and Dense by Leah Frank and Distorted by David Meyer. The exhibitions will be open through Feb. 17. 703-471-9242 or [www.restonarts.org](http://www.restonarts.org).

for the Arts, 4400 University Drive, Fairfax.

With cellist Sergey Antonov. Glazunov's Chant du Ménestrel, Haydn's Cello Concerto in C Major, and Shostakovich's Symphony No. 11, "The Year 1905." Free pre-concert discussion for ticketholders at 7 p.m. Tickets \$25-\$55. [info@fairfaxsymphony.org](mailto:info@fairfaxsymphony.org).

**All4Hym.** 7:30 p.m. Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A family bluegrass gospel group. \$12. 703-435-8377.

**Discover eBooks.** 11 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. How to find and download library eBooks. Bring your Kindles, iPads and Nooks. Hands-on assistance provided. Adults. 703-689-2700.

## MONDAY/JAN. 16

**Reston's 27th Annual Dr. Martin Luther King, Jr. Birthday Celebration.** Commemorative March, community service projects,

children's games and activities, art by Reston Elementary Schoolchildren and more. [restoncommunitycenter.com](http://restoncommunitycenter.com).

**20th Annual Martin Luther King Jr. Celebration: The Dream Is Real, Make It Your Reality.** Meet on the corner of Market and King Sts. in Leesburg at 10 a.m., to line up for the march on the Leesburg Courthouse. At 10:30 a.m., march to the Douglas Community Center, 407 E. Market St., Leesburg for the 11:30 a.m. program. Light refreshments served. Sponsored by Loudoun/Douglas Alumni Association, Bluemont Concert Series, Baha'I Community of Loudoun, Loudoun NAACP and Loudoun Interfaith Bridges. [www.ifcmw.org](http://www.ifcmw.org).

## TUESDAY/JAN. 17

**Folk Club of Reston/Herndon: Bill Staines In Concert.** 7:15 p.m. In the Back Room at The Tortilla Factory, 648 Eldin St., Herndon. Singer/songwriter. [publicity.thefolkclub@yahoo.com](mailto:publicity.thefolkclub@yahoo.com).

**Toddler Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Storytime, songs and fingerplays. Age 2-3 with adult. 703-689-2700.

**Director's Choice Book Club.** 7 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Confederacy of Dunces by John Kennedy Toole. Adults. 703-689-2700.

**One-on-One Computer Tutoring.** 3 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Learn the basics of the Internet, Word and Excel. Call for appointment. Adults. 703-242-4020.

## WEDNESDAY/JAN. 18

**International Guitar Night.** 8 p.m.

The Barns at Wolf Trap, 1635 Trap Road, Vienna. Acoustic guitarists Adrian Legg, Lulo Reinhardt, Marco Pereira, and Brian Gore. \$25. 1-877-965-3872 or [www.wolftrap.org](http://www.wolftrap.org).

**Preschool Storytime.** 11 a.m. Herndon Fortnightly Library, 768 Center St., Herndon. Stories, songs, and rhymes. Age 3-5 with adult. 703-437-8855.

**Toddler Music Time.** 3:30 p.m. Herndon Fortnightly Library, 768 Center St., Herndon. Experience the melodies, rhythms, and rhymes of music. 2-3 with adult. 703-437-8855.

**Toddler Tales.** 10:30 a.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Stories and activities. Age 2-3 with adult. 703-242-4020.

## THURSDAY/JAN. 19

**Before Reston: Colonial and Early History of the Reston Area.** 7 p.m. Reston Community Center-Lake Anne, 1609 Washington Plaza, Reston. Local historian Karen Washburn and Assistant Professor Ted McCord of George Mason University with a discussion of King Charles II and the Northern Neck proprietary grants, how they limited settlement in comparison with the rest of Colonial Virginia, and how the land transferred from the Culpeper family to the Fairfax family. Free. 703-709-7700 or [restonmuseum@gmail.com](mailto:restonmuseum@gmail.com).

**Baby Steps Storytime.** 10:30 a.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Interactive storytime. Age 12-23 months with adult. 703-689-2700.

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**Details or Questions:**  
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# Legislators Urged to Restore Funding for Human Services

FROM PAGE 3

ness has on families and the community. "We need to support and fund these services, because many of these programs, as we've heard today, are critical in helping people with mental illness to be functional," Watts said.

Kari Warren of Mount Vernon brought her two young daughters with her to the podium. "We are here to put a face on domestic violence, because we are survivors." Speaking on behalf of the Commission for Women, she thanked the delegation for passing anti-stalking legislation last year, and urged lawmakers to support more shelters for victims of domestic violence.

"Everyone has the right to be heard," said Sen. Richard Saslaw (D-35), who presided over the annual forum. "These are people who don't have high-powered lob-

bysts to speak for them in Richmond. I never get tired of hearing from them."

**SPRINGFIELD MOTHER** Carrin Brandt, whose 10-year-old daughter, Bailey, has profound intellectual and developmental disabilities with uncontrolled seizures, which resulted in the removal of half her brain, told lawmakers how important continued funding of Medicaid waivers is to her family. In addition to Bailey's anti-seizure medications, which can cost thousands each month, Medicaid helps pay for a full-time aide, allowing Bailey to live in the community with her family and friends instead of being institutionalized.

"These are not frivolous things we're asking for," Brandt said. "If we lost Medicaid, it would jeopardize her life and health; my husband and I would not be able to

work or maintain our community relationships." Brandt is also president of the ARC of Northern Virginia, and said there are 7,000 families "who live in daily crisis because they receive no services as they remain on the waiting list for a Medicaid waiver."

Brandt, who is a licensed marriage and family therapist, said that while Bailey's medical and developmental challenges can be overwhelming, the joys of raising her are also great.

"Bailey is a human being, and she adds value to this world. Bailey is our greatest teacher. ...I don't want you all and our community to miss out on the opportunity to learn from Bailey."

Marta Conner of Centreville also spoke about the challenges of raising a child with disabilities, and the critical support and intervention services she received from The Infant & Toddler Connection of Fairfax-Falls Church (ITC), a program under the umbrella of the CSB. Conner told lawmakers that her daughter, Caroline, was diagnosed with severe developmental delays at 10 months, and her pediatrician suggested she contact the ITC.

"They helped us determine that she had significant delays in all areas of development, and gave us strategies to help her," Conner said. "We are learning that we can expand our child's horizons through therapies and individualized education." She urged legislators to ensure sustainable funding to continue services "for all Virginia families who need them."

"This is a tough budget environment with difficult decisions, and, unfortunately, most of the cost-cutting comes from social services," said Del. Mark Sickles (D-43), who was elected caucus chairman in November. "One thing that stuck out today was hearing that CSB lost 19 acute care beds. We need to work to get those back."

Greg Brandon of McLean said he supported the parental notification of school investigations and beginning school before Labor Day. He also asked legislators to support the Child Care Assistance and Referral program, "a gateway into education for our most vulnerable children." Brandon said the program plays a crucial role in preparing at-risk children for kindergarten.

"Unfortunately, people in Richmond are fiddling with the CCAR program that will increase the waiting list for families most in need of child-care help," Brandon said.

David Baldacci of Arlington and

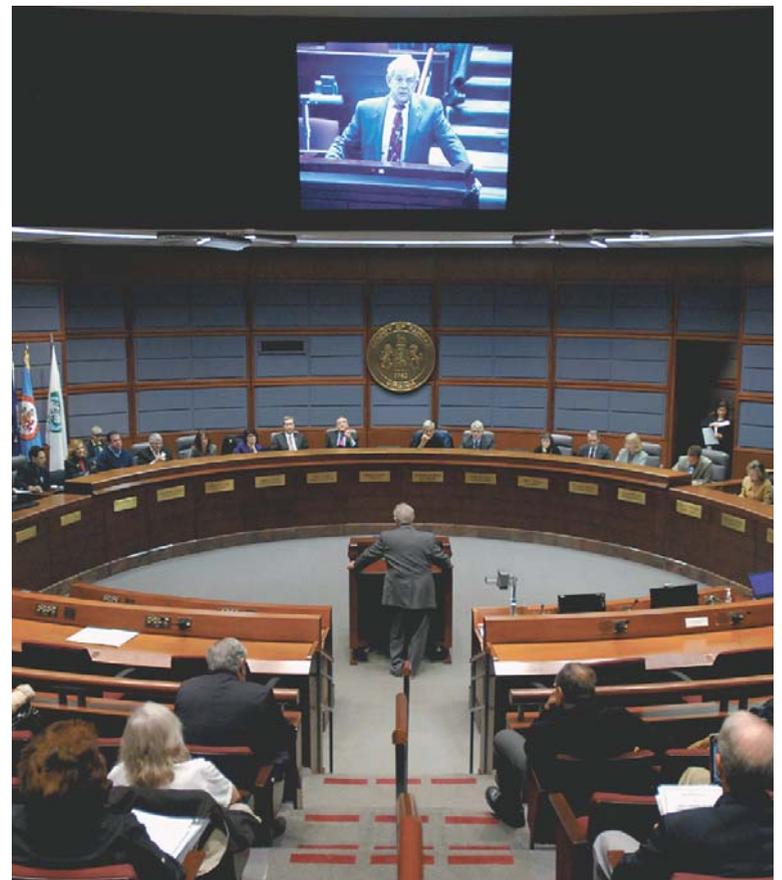


PHOTO BY ROBBIE HAMMER/THE CONNECTION

**Topics of discussion ranged from funding for social and welfare services to environmental concerns, and more. The public hearing is held each year and gives residents an opportunity to have a direct connection to their elected officials.**

Bob Stewart of Chantilly testified for SALT – Social Action Linking Together - in support of a number of social justice issues, from increasing welfare payments to Virginia families, banning the practice of shackling pregnant women in Virginia's prisons and promoting work-sharing, which enables businesses to avoid layoffs.

Del. Ken Plum (D-36) said the hearings give legislators a chance to hear from the most vulnerable citizens. "What we see are the real lives of people impacted by issues beyond their own capacities and beyond their own blame...It's critically important that government has to be in part about helping the most vulnerable. It sends a message to the delegation that we need to step back and remember the people who are hurting, aged, intellectually disabled, or suffering from a mental illness."

Del. David Bulova (D-37) said prioritizing the state's limited resources will be the most important task facing legislators this session.

"The big take away is how important the budget is in terms of reflecting our community's values," Bulova said. "It also highlights why it is so important to develop new, sustainable sources of revenue for transportation, rather than simply taking money

from our already stressed general fund that supports public education, safety, health and human services, environmental protection, etc."

**THE GOVERNOR'S BUDGET** - a two-year \$85 billion plan - is weighted in favor of transportation and higher education. But many of the speakers said they are concerned about the hundreds of millions of dollars in proposed cuts to social services. For example, McDonnell's budget proposes slashing \$81 million from the Virginia Preschool Initiative (VPI), which pays for preschool programs for low-income families in Northern Virginia.

Plum said he and other members of the Fairfax delegation will be pressing the governor to take crucial "incremental" step in providing funding for social services. "There are still 5,000 people on waiting lists. The governor's budget does not progress us on that need. We need to step it forward," Plum said.

The Virginia General Assembly will meet for its 2012 session on Wednesday, Jan. 11. "We predict that over 2,000 bills will be introduced. There's a lot to watch, especially on human services," said John Horejsi of Vienna, founder of SALT.

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# Herndon Boys Basketball Back on Winning Track

## South Lakes wins consecutive Liberty District contests.

BY RICH SANDERS  
THE CONNECTION

Following a rough tournament showing over the Christmas winter break at the Lake Braddock Tournament, the Herndon High boys' basketball team came back strong with a pair of wins last week to kick off the New Year in strong fashion.

Herndon, which was 6-6 overall going into this week's play, won games last Friday and Saturday (Jan. 6-7) to reach the .500 mark. On Friday at home, the Hornets won their Concorde District opener over Oakton, 66-53. Then the following day, Herndon played a non-Northern Region game at Franklin County High School in Rocky Mount, Va. There, the Hornets defeated the Northwest Region team, 79-68.

Herndon was scheduled to play district games this week at Centreville on Tuesday, Jan. 10 and home versus Chantilly this Friday night, Jan. 13.

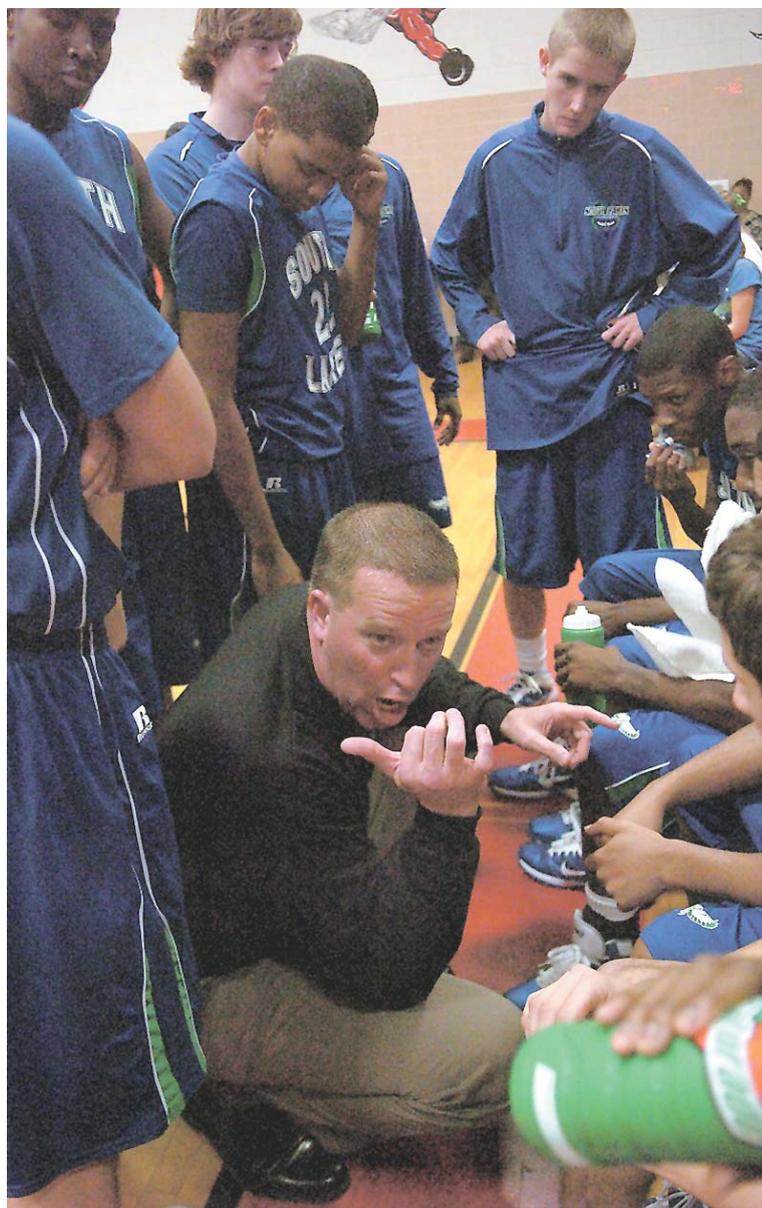
"The district is pretty wide open," said Herndon head coach Chris Whelan. "I think all of the teams are talented and capable of doing good things."

At the Lake Braddock holiday tournament, Herndon played all three of its games without starting players Patrick McLaughlin and Kent Auslander. That was certainly a factor in Herndon losing all three games - 59-45 to Hylton (Woodbridge) on Dec. 27; 71-55 to Concorde District opponent Robinson on Dec. 28; and 53-47 versus Hayfield on Dec. 29.

In the loss to Hylton (Northwest Region), sophomore guard Dorian Johnson was Herndon's leading scorer with 18 points. DeAndre Thomas, another guard, was also in double digits for Herndon with 12 points and fellow backcourt teammate Ashkan Naderi scored eight points.

Herndon trailed the Bulldogs 23-17 after one quarter and 35-26 at the half on way to the setback.

In the 16-point loss to Robinson the following afternoon, Herndon trailed by just 17-16 after one quarter but was outscored by eight points in both the second and third



Andrew Duggan's South Lakes' squad was 7-4 entering this week. The Seahawks will be at Madison this Friday night.

quarters. Johnson again tallied a team-high 18 points while Thomas scored nine. Also for the Hornets, sophomore guard Malcolm McKenzie and Naderi both scored eight points and junior Ryan Griffin contributed seven. For Robinson, Robert Pillow scored 21 points, Tristian Crenshaw had 15, and Nathan Hackett 13.

In Herndon's final game at the tournament, a six-point loss to Hayfield, Johnson scored a game-high 24 points with Thomas netting 13. Hayfield (5-7) had good games from Nate McShay (14 points), Garrick Short (12), and Grant Williams (10).

The Hawks, members of the National District, had also beaten Herndon, 60-54, nearly two weeks earlier on Dec. 16 in Alexandria.

"Over the holidays we were playing without two starters," said Whelan, of his team's showing at the Lake Braddock tournament. "Even without [McLaughlin and

Auslander], we should have played better. But we are getting better."

That was apparent when Herndon, seven days following the tournament loss to Hayfield, came back with the key win over Oakton to start up Concorde District play. In the win over the Cougars, Herndon led 44-38 after three quarters before outscoring Oakton by seven points in the final quarter. Four Hornets scored in double figures - Thomas (17 points), Naderi (16), Johnson, and senior forward McLaughlin, who returned to the line-up with a 12-point effort. (Earlier this season, McLaughlin scored 36 points with 16 rebounds in a loss to South Lakes).

In Saturday's win over Franklin County, the Hornets trailed 58-57 before dominating in the fourth quarter on way to the 11-point win. Johnson had a huge game with 33 points, while Naderi (14

points), Griffin (12), and McLaughlin (8) made good scoring contributions.

**THE SOUTH LAKES HIGH BOYS**, prior to the holidays, lost their first two Liberty District games - setbacks to McLean and Langley on Dec. 13 and 16, respectively.

The Seahawks' next four games, including three at the George Long Holiday Hoops Tournament at Wakefield High School (Arlington), were all non-district contests. It was not until Jan. 3 that South Lakes resumed its district schedule with a home game versus Jefferson following the holidays. And against the Colonials, South Lakes earned its first district victory of the season, 62-48. The Seahawks, in the win, received a balanced scoring attack with four players - senior guard J.D. Wallace (18 points), senior forward D.J. Christian (15), senior guard Jordan Francis (12), and senior guard Mitch Dempster (11) - all hitting double digits in the scoring department.

South Lakes led Jefferson by just 42-40 before outscoring the visitors in the final quarter, 20-8, to garner the hard fought win.

Three days later on Friday, Jan. 6, South Lakes followed up the win over Jefferson with a district victory at Fairfax High, 63-60, to improve its overall record to 7-4 and district mark to 2-2.

Wallace scored 27 points, tying game-high scoring honors with Fairfax High's Zack Burnett. Christian added 12 points for the Seahawks and Francis nine. Other scoring contributions in the win for South Lakes came from Clayton O'Neill (6 points) and junior center Junior Ebott (5).

"We are digging out of a small hole in district play as we started 0-2," said South Lakes head coach Andrew Duggan. "But I see improvement in many areas - being more consistent at the offensive end of the floor and rebounding the ball on defense. If we can maintain those areas it will go a long way in our success this season."

Over the holidays at the Wakefield tournament, South

Lakes won two of its three games with two of the contests being decided in overtime.

In the Seahawks' first game at the tournament on Dec. 27, they lost in overtime to West Potomac (Patriot District), 58-55. Christian scored 12 points in that game, while Francis and Wallace scored 11 and 10, respectively, and Ebott eight. South Lakes outscored the Wolverines 13-6 in the final quarter to force the extra session. In the OT, West Potomac outscored South Lakes eight to five.

South Lakes came back with a convincing 77-42 win over Washington-Lee (National District) the following day. The Seahawks outscored the Generals 22-4 in the second quarter to gain control of that game.

Then, on Dec. 29, South Lakes

defeated Theodore Roosevelt (Wash., D.C.), 72-66 in overtime, to conclude the tournament on a winning note. Five Seahawks scored 10 or more points - Christian (18), Dempster (17), O'Neill (11), Francis (10), and Wallace (10).

"It was good to go through a little adversity on the court," said Duggan, of playing two overtime games at the tournament. "It provided us with plenty of learning experiences for us to build on."

South Lakes' biggest win of the season came prior to Christmas on Dec. 20 when the Seahawks won at local rival Herndon, 86-82.

The Seahawks never lost control of that game after outscoring the Hornets 30-18 in the first quarter. The Hornets lost despite a career-best game from Patrick McLaughlin, who scored 36 points and pulled down 16 rebounds. Herndon, in the loss, received good games from Dorian Johnson (14 points), Kent Auslander (12), DeAndre Thomas (9), and Ryan Griffin (8).

South Lakes' top scorers were Christian (23 points), Wallace (17), O'Neill (13), Dempster (11), Francis (10), and Brandon Kamga (7).

South Lakes was scheduled to play Liberty District road games this week at Marshall on Tuesday, Jan. 10 and at Madison, Friday, Jan. 13.

**"The district is pretty wide open. I think all of the teams are talented and capable of doing good things."**

— Herndon head coach  
Chris Whelan

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

# Write From The Heart



By **KENNETH B. LOURIE**

Obviously I find comfort in writing. Obviously I have some need to put down on paper that which is in my head. In fact, evidence suggests that cancer patients who write about their feelings have some kind of improved quality of life and/or longer life expectancy. Let's hope so because I have those feelings and I certainly am writing about them. As it relates, the date on which I'm hand-writing this column is the date three weeks out approximately, before I'm scheduled for my every-four-month CT Scan and every-12-month Full Body Scan. I'll know exactly how I'm doing - after the oncologist advises me of my scan results. Saying or doing anything now, assuming any facts not yet in evidence, hardly seems like a prudent course of presumption. Yet here I sit, pen in hand; with cats on the table.

As much comfort and companionship as "The Boys" (Biscuit and Chino) provide, they can't eliminate my cancer thoughts, especially the thoughts now, during those final weeks leading up to the scans, when the rubber will really hit the road, when an inanimate piece of technology will determine my immediate future. Nor will the technician assisting me that day play any part in the outcome. Although it doesn't stop me from asking for a good result. Usually I'll receive a smile and a thumbs up in response. Joking with the staff seems to put me at ease and soothes the savage beast in me that is working like crazy to maintain the healthy (all things considered) status quo that has characterized the preceding 34 months.

But there's only so much pretending one can do. The scan will ultimately tell the tale. Hopefully it won't be a tale of woe because woe is me is not how I operate, which is good since my tumors (stage IV) are inoperable. In fact, stage IV means inoperable, I believe. Synonymous seems too innocent a word to attach to such a life-changing and serious diagnosis/prognosis, but if the shoe fits (which it doesn't anymore because of the edema in my feet, a side effect of the high blood pressure medication I take in an attempt to meet the levels mandated by the manufacturer of the targeted treatment drug, Avastin, which I'm infused with monthly), I suppose at this stage (pun intended) I should be happy to wear it.

And I most definitely am wearing it, a larger size though. But to not admit that all of this cancer stuff wears on me would be a lie. And since, generally speaking, I don't like to lie, and I have this need to vent and the space to vent it (and from all indications and feedback, a fairly receptive and interested audience on whom to vent), I am writing this column about the betwixt and between that a cancer patient (who's terminal) feels waiting for words to live by, words which have never been promised, are not guaranteed, subject to change and totally out of my control: "All stable. No growth and/or movement." Positive (meaning good) scan results.

All I can do is wait. When I know, you'll know. There's not much else to say really, but I've tried to say it anyway; except, the longer I'm a patient, the less patient I seem to become. I'm not losing it yet, but I'd sure like to find it. A cure would be nice, but I'll settle for more encouraging/stable scan results. It is said that "Good things come to those who wait." I only wish it were that simple.

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

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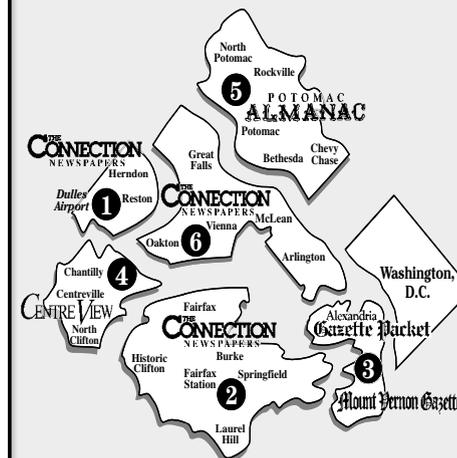
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**21 Announcements**

**ABC LICENSE**  
Hop and Wine Beverages, LLC trading as Hop and Wine Beverages, 22714 Glenn Dr, Suite 120, Sterling, VA 20164. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wholesale beer, wholesale wine, beer importer instate, wine importer in state, out of bond permit to sell or manufacture alcoholic beverages. Martin C. Wetten, President. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publish date of the first two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

**21 Announcements**

**ABC LICENSE**  
NPM Inc, trading as North Point Sunoco, 1496 Reston Parkway, Reston, VA 20194. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine & Beer off premise license to sell or manufacture alcoholic beverages. Larry Jannes, Chief Financial Officer. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first two required newspaper legal notices. Objections should be registered at [www.abc.virginia.gov](http://www.abc.virginia.gov) or 800-552-3200.

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The biggest things are always the easiest to do because there is no competition.  
-William Van Horne

**21 Announcements**

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**21 Announcements**

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# 2012 MLK

*Are We Keeping the Promise?*

Reston Dr. Martin Luther King, Jr. Birthday Celebration

*“Life’s most persistent and urgent question is: What are you doing for others?”*

- Dr. Martin Luther King, Jr.



## MLK EVENTS

**SATURDAY, JANUARY 14**

**Reston Community Orchestra, 6th Annual Memorial Tribute to Dr. Martin Luther King, Jr.**

6:00 p.m. - 7:30 p.m. • RCC Hunters Woods

**SUNDAY, JANUARY 15**

**Voices of Inspiration**

4:00 p.m. • Northern Virginia Hebrew Congregation  
1441 Wiehle Ave

## MONDAY, JANUARY 16



### Keynote Speaker Nnenna Freelon

A six-time GRAMMY Award nominee, hailed as the “international voice of Jazz,” she

has an impressive music background and contributes to educational efforts that make her a sought-after spokesperson and motivational speaker.

### Commemorative March

9:00 a.m. • Southgate Community Center  
12125 Pinecrest Road

### Community Service Projects

10:00 a.m. - 12:30 p.m. • RCC Hunters Woods  
Registration # 704717-2B

### Especially for Youth - 1st - 6th Grade

10:00 a.m. - 1:00 p.m. • RCC Hunters Woods  
Registration # 704717-1A

### Community Service Awards, Keynote Address & Community Lunch

12:30 p.m. - 2:00 p.m. • RCC Hunters Woods

### Performance by Nnenna Freelon

Joined by members of the South Lakes High School Chorus

8:00 p.m. • RCC Hunters Woods-the CenterStage  
Tickets: \$15/Reston \$30/Non-Reston

### Art by Reston Elementary Schools

Artwork that is based on the history of Dr. King will hang in the Community Room from mid-January through the end of the month. Come out on January 16th to help the community vote for the “People’s Choice” winner.

Reception - 2:30 p.m. - RCC Hunters Woods



Please check out our website [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com) for an up-to-date schedule of events or contact Kevin Danaher, Community Events Director, at 703-476-4500 for more information.



Reston Community Center  
2310 Colts Neck Road, Reston VA 20191



To request reasonable ADA accommodations, call 703-476-4500 • 800-828-1120 (TTY).

