

From left Kevin Dykstra (seated), Michale Clendenin, Michael Kharfen, Ian Brown, Ted Culler and Chuck Dluhy in The Elden Street Players' production of "Glengarry, Glen Ross," opening March 16 at Industrial Strength Theater.

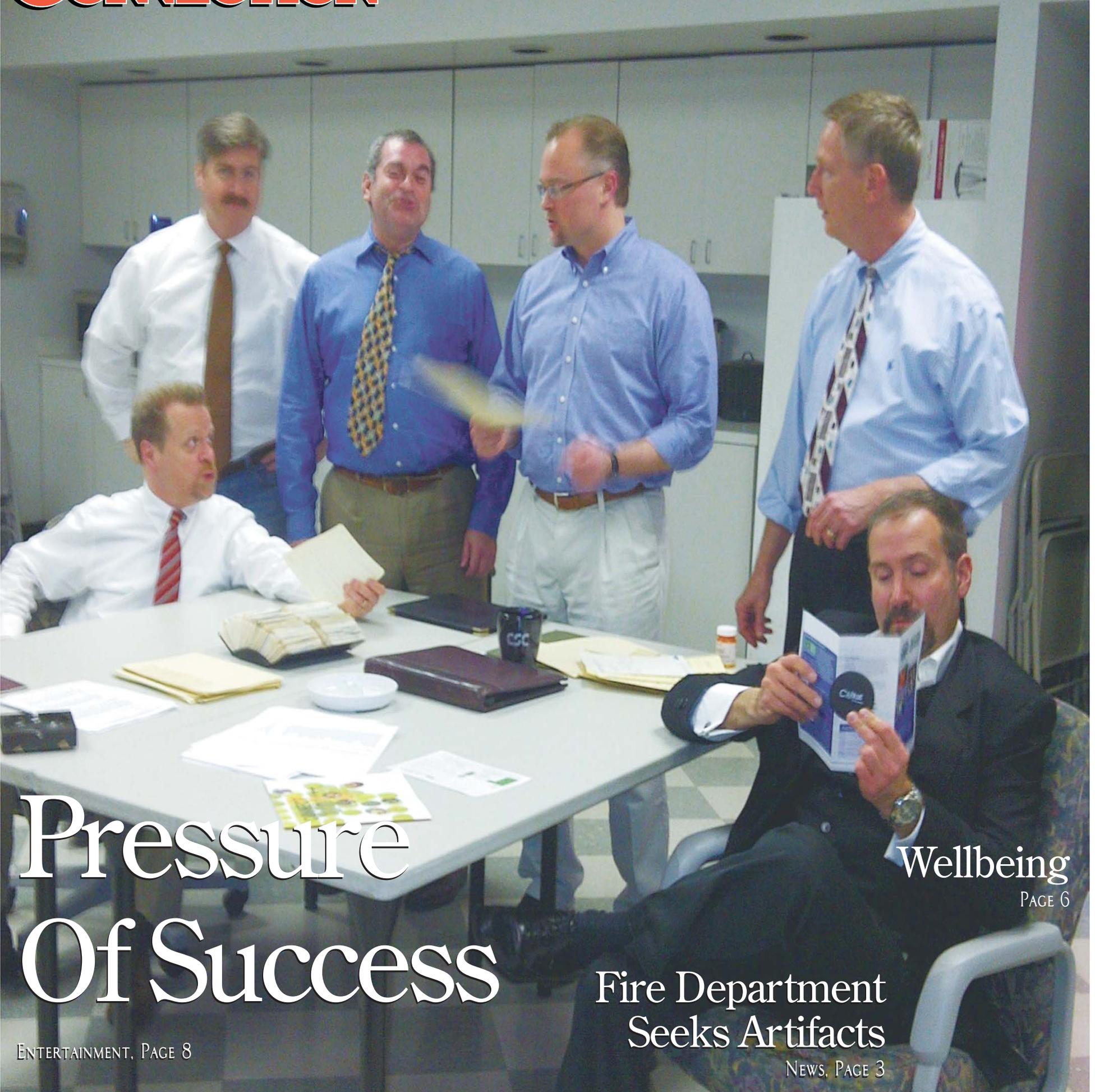


PHOTO COURTESY OF THE ELDEN STREET PLAYERS  
OPINION, PAGE 5 ❖ ENTERTAINMENT, PAGE 8 ❖ SPORTS, PAGE 9 ❖ CLASSIFIEDS, PAGE 10

# Pressure Of Success

ENTERTAINMENT, PAGE 8

## Council Approves Metro Amendment

NEWS, PAGE 3

## Wellbeing

PAGE 6

## Fire Department Seeks Artifacts

NEWS, PAGE 3

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

ONLINE AT [WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## NEWS

# Service Across Generations

Councilmember Grace Wolf, daughter Lani nominated for volunteer awards.

BY ALEX McVEIGH  
THE CONNECTION

**H**erndon Councilmember Grace Wolf has years of volunteer experience, with the Council For the Arts of Herndon, the Herndon Festival and the Girl Scouts among other things.

But she also got her daughter Lani, a freshman in high school involved at an early age.

"I think kids have an innate interest in helping others, and when you can find something that lets them do that, but doesn't feel like work, it really gets them into that mindset," Wolf said.

She admits that when her daughter was young she was "volunteered for" the events, but Wolf says her daughter soon grew into it.

"She went from a participant to running the events in what felt like not much time at all," Wolf said. "A lot of these places have a core group of volunteers, and that includes families, so she can see



**Lani Wolf, freshman at the Wakefield School, volunteers at the Children's Hands on Art area at the Herndon Festival. Lani Wolf, along with her mother, Herndon Councilmember Grace Wolf, have been nominated for a Fairfax County Volunteer Service Award.**

people her own age, and we see people who started when they were young and are now in college and still coming back."

Wolf and her daughter were nominated for a Volunteer Service Award from Volunteer Fairfax, which will hold its award ceremony in April.

In addition to work with the Council for the Arts of Herndon, Lani Wolf has also volunteered at the Herndon Library, the Taste of the Town, the Herndon Festival, the Kate Hanley Shelter and has volunteered more than 100 hours in the past year. She was also awarded the middle school volunteer of the year in 2008 by the Fairfax Partnership for Youth.

Grace Wolf has served as president of the Arts Council since 2004, and has volunteered more than 500 hours in the past year. She was also awarded one of the Town of Herndon's Volunteers of the Year in 2006.

More information can be found at [www.volunteerfairfax.org](http://www.volunteerfairfax.org).

THE LANGLEY SCHOOL  
**summer studio**

Academics Fine Arts Science Sports Technology

**CLASSES:** 50 unique offerings for all interests

**AGES:** Enrolling students in preschool to grade 8

**DATES:** Five weekly sessions June 25 – Aug. 3, 2012

**LOCATION:** 1411 Balls Hill Road in McLean

NOW registering at [www.langleyschool.org!](http://www.langleyschool.org)

## Experience the hospitality that made Ireland famous

When you are looking for a quick but satisfying lunch or a hearty, enjoyable dinner our menu has something for everyone. From the largest of appetites to the most refined palates, you'll appreciate the Irish favorites as well as American pub fare classics found at O'Sullivan's Irish Pub.

**WEEKEND BRUNCH**  
The Best Irish Breakfast in Town!

Enjoy our generous servings of eggs, Irish rashers, black & white pudding, Irish sausages, Irish beans, home fries and fried tomato.

**SPORTS ON 7 HDTV's**  
European sports (soccer, GAA, rugby), Hockey, College sports (March Madness package) & more!

[www.facebook.com/Osullivansherndon](http://www.facebook.com/Osullivansherndon)

### Join us St. Patricks Day March 17th!

- Kegs and Eggs @8am
- Traditional Irish Brunch until 1pm
- Live Irish music throughout the day
- Irish dancers with multiple performances
- Ireland vs England in 6 Nations Rugby
- Kickoff to March Madness Hoops
- Toast to the Irishmen who created the phrase... "Kiss me I'm Irish"...Sláinte!

**LIVE ENTERTAINMENT**  
Music, Trivia, Darts and more

- Live Music on Thurs, Fri & Sat
- Trivia on Wednesday nights at 7pm
- Dart Tournaments

**Outdoor Seating Available!**

**Open until 2 AM  
Seven Days Week**

Catch all the games here at O'Sullivan's!

**754 Elden Street, Suite 102  
Herndon VA 20170**

**703-464-0522 (pub) • 703-464-5922 (fax)**  
<http://www.osullivanirishpub.com>



PHOTO CONTRIBUTED

The Herndon Town Council approved the Metro Station Area Plan Feb. 28, which lays the groundwork for redevelopment north of the proposed Herndon-Monroe Metrorail station.

## Council Approves Metro Amendment

Plan allows for increased density, new road network, other changes for area north of station.

BY ALEX McVEIGH  
THE CONNECTION

The Herndon Town Council voted four to three Tuesday, Feb. 28 to approve the Comprehensive Plan Amendment that allows for redevelopment of the area north of the proposed Herndon-Monroe Metro station. The Council had been considering the plan for months, through various changes and approval from the town's Planning Commission.

The plan calls for a Herndon Transit Oriented Core (HTOC) that will contain mixed-use development, class A office space and increased density that the town hopes will allow an increase in tax base and eventual return on investment.

Vice Mayor Lisa Merkel said while she would like to see further work done on accessibility to the station, she feels the plan accomplishes what it was originally sent to the Planning Commission in 2009 to do.

"We asked to develop a plan for the Metro Station Area that would encourage the redevelopment of existing commercial properties, include a residential component, increase Herndon's tax base, provide an economic return on investment to the town and make the development an attractive gateway to the town," she said. "I feel like this plan really accomplishes those goals."

Councilmember Jasbinder Singh, who along with Mayor Steve DeBenedittis and Councilmember Connie Hutchinson voted against the motion, called the plan a "singular opportunity" for the town, but the proposed plan raised too many questions.

"Right now the density proposed is greater than the core of Reston Town Center," he said. "I don't think I believe only this level of density is financially feasible... it's one thing if it's done for some people to promote density before 2017-2018 timetable. But

now we have these densities, but we don't know when it will be redeveloped, maybe by 2035. By that time, the financial information upon which it is based will not be valid."

Singh also cited the fact that plans are currently being drawn up for Phase One, which is supposed to open next year. He said he felt that the town may be rushing into things.

Councilmember Sheila Olem said she liked that the plan was densest around the actual station.

"Density around Metro is where you want it, so you have that new transportation available with the Metro and bus systems, and you can take advantage of it," she said. "We are working with the county, because bus routes are something, that if we're going to make this work, we're going to have to coordinate with the county. We know we can't afford our own system, so we'll work close with them because they already do the connector buses. We've got a huge community that's going to need access to those buses."

Councilmember Grace Wolf said passing the plan was essential for Herndon to "signal our willingness to redevelop" to attract businesses and residents along the Silver Line.

"We would like to see it done soon, we would like to see it done well and we would like to see it reflect the cultural uniqueness of our town," she said. "We need to be cognizant that we're not developing our station in a vacuum ...we have to compete with all these stations up and down the Silver Line."

Wolf also said she had heard the many concerns about traffic in particular, but was confident that the town wouldn't turn into gridlock.

"I think most concerns were about are we adding urban congestion," she said. "But I think this plan allows us to accommodate traffic, and it looks at the worst-case scenario."

Councilmember Bill Tirrell stressed that this plan was the first in many steps that would bring about redevelopment.

"We're not discussing a generalized development plan or site plan, which have much more detailed parameters. That's for another day. We don't even have the zoning ordinance," he said. "We know what we want, we want access, and an attractive place and to get those needs we need to offer density, that's the one thing we do have control over."



PHOTO BY ALEX McVEIGH/THE CONNECTION

The Herndon Fire Station, as it prepares for a complete renovation, is looking for artifacts from its 62-year history to be displayed in the new station, which will be built by 2015.

## Fire Department Seeks Artifacts

Station looking for historic memorabilia for new station lobby.

BY ALEX McVEIGH  
THE CONNECTION

The Herndon Fire Station has a lot of history to it, and much of it will be lost forever as a new station is built over the next year. And while the original cornerstone from the station's 1950 construction will remain with the new station, Capt. Kerwin McNamara says they are looking for plenty more.

"This is a town that's proud of its history and takes pride in things like its Fire Station, and we're looking to make sure the past is part of what we're doing going forward," McNamara said. "Whether it's photos, old pieces of equipment, trophies, ribbons, we're interested in all

of it."

McNamara says he's surprised at the amount of people who have connections with the fire department, many going all the way back to when the force was all volunteer.

"We don't want the new station to be sterile, it's a place where firefighters live, and we want the history of the place to be a part of that," he said. "Obviously we're not asking people to part with something that's important to their family, but if it's something sitting in an attic somewhere, we'd love to have it."

The collection will be incorporated into a display case or other area in the lobby of the new station. Residents can bring their items to the station, located at 680 Spring Street.

### BULLETIN BOARD

To have community events listed in the Connection, send to [herndon@connectionnewspapers.com](mailto:herndon@connectionnewspapers.com). Deadline is Friday.

#### WEDNESDAY/MARCH 7

**Raise Sexually Healthy Children.** 7 p.m. Flint Hill School, 3320 Jermantown Road, Oakton. With Debbie Roffman, author of "Sex & Sensibility: The Thinking Parent's Guide to Talking About Sex." 703-584-2354.

#### FRIDAY/MARCH 9

**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.

#### SUNDAY/MARCH 11

**Update on America's Nuclear Future.** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. The President's Blue Ribbon Commission on America's Nuclear Future nears completion of a comprehensive review of policies for managing the back end of the nuclear fuel cycle and will recommend a new plan.



# ALL-SPORT CAMPS

## FOR AGES 6-12 YEARS!

Get **Fit**. Play **Sports**. Make **Friends**.



- Introduction to a Variety of Sports such as Basketball, Football, Soccer and many more!
- Learn to Play Games like Dodgeball, Kickball, Ping Pong and more!
- Learn the Importance of a Dynamic Warm Up, Range of Motion and Core Strength!
- Early Drop Off / Late Pick Up are available upon request.

**Spring Break Camp:**  
Full Day: \$200 Half Day: \$120

Enter Promo Code: **spring**

**Summer Camps:**

Full Day: \$125 Half Day: \$75

Enter Promo Code: **summer**

### One Day Camps

Cost: Full Day: \$75 Half Day: \$50

#### PRESIDENT'S DAY CAMP

February 20, 2012

#### "NO SCHOOL" CAMP

April 9, 2012

#### MEMORIAL DAY CAMP

May 28, 2012

### Summer Camps

Regular Cost:

Full Day: \$250 Half Day: \$150

June 25-29, 2012

#### No Camp Week of July 2-6

July 9-13, 2012

July 16-20, 2012

July 23-27, 2012

July 30-August 3, 2012

August 6-10, 2012

August 13-17, 2012

August 20-24, 2012

August 27-31, 2012



### Spring Break Camp

Regular Cost:

Full Day: \$250 Half Day: \$150

April 2-6, 2012

**REGISTER NOW!**

[www.thenZone.com](http://www.thenZone.com)



14550 Lee Road • Chantilly, VA 20151

[www.thenZone.com](http://www.thenZone.com)

703-266-0118



# Specialists in Natural Pet Foods and Supplies

**WHOLE PET**<sup>®</sup>  
CENTRAL  
*where healthy food  
comes naturally*

**Super selection  
of high-quality,  
all-natural pet foods  
at affordable prices**

**BB&T Center • 304 Elden Street (at Herndon Pkwy) • Herndon, VA 20170 • 571.521.0399**

*Open M-F 10AM-8 PM • SAT 10AM-6 PM • SUN 11AM-6 PM*

### OTHER LOCATIONS IN VIRGINIA & MARYLAND

Ashburn Farm Market Center • 43330 Junction Plaza, Suite 176 • Ashburn, VA 20147 • 703.724.4319

1306 E. Gude Drive • Rockville, MD 20850 • 301.217.0432

Online shopping at [www.wholepetcentral.com](http://www.wholepetcentral.com)



## Reenacting a Dark History?

Turning back the clock in Richmond.

Who could have anticipated that our elected officials would take African-American History month and Women's History month so seriously that they would literally try to turn back the clock?

First in February, African-American History Month, the assembly voted to make it harder to vote, knowing that the bill would make it less likely that some African-Americans in Virginia would vote.

The bill, which "eliminates the provision that allows a voter to sign a sworn statement that he is the named registered voter he claims to be in lieu of showing identification." There is no evidence that this longstanding provision has been abused.

In an action that reminds many of the poll tax, the General Assembly voted to require specific forms of identification at the polls in order to vote, knowing that this will disproportionately affect minority voters, poor voters and older voters, knowing that 15 percent or more of minority voters and older voters do not have such ID.

In the House of Delegates, the measure passed 69-30, with Northern Virginia delegates Dave Albo, Barbara Comstock, Tim Hugo, Jim LeMunyon and Tom Rust voting in favor; voting against were Robert Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Patrick Hope, Mark Keam, Kay Kory, Alfonso Lopez, Ken Plum, Mark Sickles, Scott Surovell and Vivian Watts.

All Fairfax, Arlington and Alexandria senators voted against the bill that forces voters to provide one of a short list of identification in order to vote, but the bill passed 20-to-20. Senators George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, Dave Marsden, Chap Petersen, Toddy Puller and Dick Saslaw voted against.

Now on to Women's History. Northern Virginia holds a special place in women's struggle for the right to vote.

From the Workhouse Museum in Lorton: "In 1917, women began demonstrating in front of the White House for the right to vote. They decided they would rather be imprisoned than be quiet. In response to their outspoken protests during World War I, they were sentenced to fines or imprisonment. They chose imprisonment. Some of those arrested were sentenced to the Women's Workhouse at Lorton. The protestors were held under deplorable conditions. As news of the sentences spread, sympathy for the suffragists was aroused. ... Finally the 19th amendment to the Constitution was ratified in 1919 and for the first time women were allowed to vote in the November 1920 national election."

Women's right to self-determination and equality has not come easily, and the transformation to full equality is not complete.

The Virginia General Assembly nevertheless became the butt of jokes and a source of outrage as it pursued a variety of bills that seek to deny women the right to have control over their own bodies.

We don't need to revisit the many references to "transvaginal ultrasound." The literal invasive parts of this bill were deleted, but still the assembly passed legislation that will require

women to have an ultrasound view of their fetus before having an abortion.

A bill that would provide "that unborn children at every stage of development enjoy all the rights, privileges, and immunities available to other persons, citizens, and residents of the Commonwealth," passed the House of Delegates 66-32. Local delegates Dave Albo, Barbara Comstock, Tim Hugo, Jim LeMunyon voted in favor; and voting against, Robert Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Patrick Hope, Mark Keam, Kay Kory, Alfonso Lopez, Ken Plum, Tom Rust, Jim Scott, Mark Sickles, Scott Surovell, and Vivian Watts.

This bill died in the Senate at least for this year. Northern Virginia senators voting to kill this bill were George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, David Marsden, Chap Petersen, Toddy Puller and Dick Saslaw. No senator from Fairfax, Arlington or Alexandria voted to keep the bill alive.

Outrage over these bills, assaults on women's rights, sparked demonstrations over the weekend.

Apparently the protest that ensued, with hundreds descending on Richmond, was darn scary; scary enough to turn out the riot squad and to prompt police to arrest protesters for sitting on the Capitol steps.

"Our state Capitol is becoming an armed garrison," said state Sen. Janet Howell. "Not since the massive resistance days in the '60s have I seen such a disgraceful display of excessive police presence in my state."

— MARY KIMM,  
MKIMM@CONNECTIONNEWSPAPERS.COM

COMMENTARY

## A Raw Deal for Northern Virginia

BY STEWART SCHWARTZ  
EXECUTIVE DIRECTOR  
COALITION FOR SMARTER GROWTH

Northern Virginia is getting a raw deal from Governor McDonnell. While we need transportation investment to support this economic engine of the state, at least \$1.5 billion in transportation funds are being diverted to wasteful and unnecessary projects in rural areas. Meanwhile, the state refuses to adequately fund Dulles Rail, leaving Northern Virginia taxpayers and toll payers to foot the lion's share of the bill.

First, Dulles Rail. Northern Virginians and the federal government are paying about 90 percent of Phase 1. For Phase 2, the Governor belatedly proposed contributing \$150 million but has held up the funds to stop a Project Labor Agreement and to gain other leverage. Even with the \$150 million, Northern Virginia tax payers

and toll payers would have to pick up about 95 percent of the cost of Phase 2, with tolls set at ever-higher rates because of the state's failure to invest in this critical project. In contrast, the state routinely pays 100 percent of highway project costs using a combination of federal and state funds.

Last year, the Governor won approval for a record infusion of funds into transportation. Where is he spending it? The Governor has promised \$750 million in grants and about \$500 million in low-interest loans to the private toll-road proposal for Route 460 between Suffolk and Petersburg. Even Hampton Roads officials don't see that project as a priority. Secretary Connaughton personally spearheaded the diversion of \$200 million to the controversial and poorly conceived Charlottesville/Albemarle Bypass, a project which VDOT's own engineers say could cost up to \$400 million. Millions more are going to the remote

Coalfields Expressway, which could ultimately cost \$1.8 billion.

Unrecognized during the 2011 session, the Governor's proposals ensured that much of the \$3 billion in borrowed money and other funds was routed outside the state's longstanding formulas. A particularly bad deal for Northern Virginia, this meant that transit didn't receive its usual 14.7 percent, while also diminishing the pool of funding for primary, secondary and urban roads. Northern Virginia typically receives about 70 percent of the state's transit funds and greatly depends on primary, secondary and urban road funding.

The Governor's 2012 transportation initiative (HB1248) has generated new concerns among Northern Virginia officials. By siphoning a portion of the state sales tax and general fund surpluses to transportation, his plan takes funding from education and public safety. At the same time, while Northern Virginia generates 34

percent of state sales tax revenues, the Governor's plan would only allocate about 6.8 percent of the additional transportation funding to Northern Virginia, according to Del. Vivian Watts.

In both 2011 and 2012 (HB601 and HB1291), the Governor has sought to control the Virginia seats on the Metro Board, even though Northern Virginians provide about 70 percent of Virginia's share of Metro costs. The Governor's push (HB1291) to combine two Northern Virginia transportation agencies would particularly disenfranchise Fairfax and voters and would enable the state to dominate the voting in the new agency. A separate bill (HB599) pushed by a highway lobbying group, would take power from Northern Virginia elected officials to select transportation priorities and hand it to the appointed and unaccountable Commonwealth Transportation Board on which we have only three seats out of 17.

# OPEN HOUSES

SATURDAY/SUNDAY, MARCH 10 & 11



**1582 Kingstream Circle, Herndon • \$629,000**  
**Open Sunday 1-4 P.M. • Karen Kidwell,**  
**Long & Foster, 703-216-7437**

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) and click the Real Estate links on the right side.

**Call Specific Agents to Confirm Dates & Times.**



## Burke

6915 Courageous Cir. \$599,950... Sun 1-4... Kathleen Quintarelli... Weichert... 703-862-8808  
 9500 Waterline Dr. \$569,950... Sun 1-4... Kathleen Quintarelli... Weichert... 703-862-8808

## Fairfax Station

11808 Winterway Ln. \$824,900... Sun 1-4... Cristina Dougherty... Long & Foster... 703-969-0471

## Great Falls

1103 Challedon Rd. \$759,000... Sun 2-5... Eve Shapiro... Keller Williams... 703-517-7511

## Herndon

1582 Kingstream Cir. \$629,000... Sun 1-4... Karen Kidwell... Long & Foster... 703-216-7437  
 13108 Frog Hollow Ct. \$564,900... Sun 1-4... Troy Sponaugle... Samson Props... 703-408-5560

## Kingstowne/Alexandria

6904 Ellingham Cir. #E. \$320,000... Sun 1-4... Brian Murphy... Coldwell Banker... 703-731-5799

## Leesburg

344 Hedgestone Terr NE. \$255,000... Sun 1-4... Scott Koval... Samson Props... 703-625-3446

## Manassas

10190 Chinkapin Dr. \$569,995... Sun 1-4... Diane Lenahan... Wolf Run... 703-283-7328

## Reston

10913 Hunt Club Rd. \$585,000... Sun 1-4... Karen Swanson... Long & Foster... 703-795-9970

## South Riding

25636 Creek Run Terr. \$470,000... Sun 1-4... Suzanne Burch... Century 21... 703-328-5606

## Springfield

6103 Roxbury Ave. \$559,900... Sun 1-4... Julia Avent... RE/MAX... 703-525-4993  
 8301 Covington Woods Ct. \$819,900... Sat 11-3... Charter Wells... Keller Williams... 703-475-4704  
 8305 Covington Woods Ct. \$819,900... Sun 1-4... Patrick Kessler... Keller Williams... 703-405-6540

## Vienna

371 Church St., NE. \$1,385,000... Sun 1-4... Pamela Dargue... Keller Williams... 703-564-4000  
 408 Park St., SE. \$1,189,000... Sun 1-3... Gary Alcorn... Long & Foster... 703-556-8600  
 409 Center St., N. \$689,000... Sun 1-4... Frank Mottagh... Fairfax... 703-255-6800  
 711 Hunter Court SW. \$465,000... Sun 12-3... Stephanie Wayne... Century 21... 703-965-1643  
 2534 Babcock Rd. \$939,900... Sun 1-4... Dan Mieziva... RE/MAX... 703-380-9915  
 2680 Glengyle Dr #29. \$245,000... Sun 1-4... Tim Markwood... Long & Foster... 301-253-5155  
 7899 Tysons Oaks Dr. \$419,000... Sun 1-4... Rob Blitzer... RE/MAX... 703-461-3615  
 8708 Westwood Dr. \$669,900... Sun 1-4... James Nelson... Long & Foster... 703-861-8675

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.

## WELLBEING

# Cleaning Up One's Plate

Local nutrition experts encourage healthy eating during National Nutrition Month and always.

By MARILYN CAMPBELL  
 THE CONNECTION

When it comes to healthy eating, Alexandria wellness educator Cheryl Mirabella encourages her clients to load up during meals, but she offers a caveat. "Crowd out your plate with good stuff," said Mirabella who has offices in Alexandria and Warrenton. "If you're eating nutrient and fiber rich foods, you're naturally going to be more full and more satisfied and therefore you might not be reaching for the junk food as often."

In observance of National Nutrition Month, Mirabella is offering suggestions for making wise food choices. She and other health experts say that while trading in salt-laden potato chips for potassium-packed baked spuds might be challenging, making positive dietary changes is easier than one might think, and is worth the effort.

"I believe that food is medicine and we can use it as a way to prevent diseases and heal our body," said Mirabella. "If we eat foods that are full of nutrients we're going to give our body everything it needs to do what it does naturally. Food can be a very powerful medicine in terms of disease prevention and reversal."

Begin by simplifying food choices. "The first step is focusing on what isn't food and then finding cleaner options," said Nina Elliot, an Arlington-based personal trainer. "All the additives ... that are in many of our favorite foods can

contribute to obesity and health challenges. "Replacing processed foods with whole foods may take a bit more work in the kitchen and a little more grocery money, but the health benefits are tremendous."

Add fresh fruits and vegetables to each meal. "Vegetables are high in antioxidants," said Mirabella. "Frozen fruits and vegetables are an excellent choice too. They are affordable and they're nutrient rich because they've been picked at the peak of their freshness. They went from the field to the freezer, so the nutrients are locked-in."

Watch for hidden sodium. "Deli meat for example, is highly processed and high in sodium," said Paulette Helman, a registered dietitian in Potomac, Md. "You're better off baking a chicken breast with a little lemon juice."

Choose whole grains. "Whole grains are healthier than plain, white processed grains," said Jean Glossa, M.D., medical director, Fairfax Community Health Care Network and Molina Healthcare. "The closer the food is to the way that it came out of the ground and the less processed it is the healthier it is. But that doesn't mean than by switching to whole grains you can eat an unlimited amount of it. Portion size is still important."

When it comes to protein, keep it lean. "Ideally with every meal and snack, you want to have protein," said Mirabella. "For example, you might have eggs for breakfast and toss in spinach or broccoli and a little feta cheese. If you have an apple for a snack you might dip it in a little bit of peanut butter so that you get protein and healthy



Alexandria-based wellness educator Cheryl Mirabella grows vibrantly colored, vitamin-packed vegetables in her garden. She believes that nutrient-rich food is medicine for the body.

fat along with carbohydrates from the apple. Lean cuts of meat are good, but you want to stay away from saturated fat.

Nutritionists say gradual adjustments work best. "Making small changes is more manageable than overhauling one's diet all at once," said Elliot. "[They are] more likely to lead to the next positive change

... which means people are [more] likely to want to continue improving ... their diet."

Plan ahead. "Try to eat three meals and two healthy snacks each day," said Mirabella. "That is a great way to keep your blood sugar in balance so you can make healthier food choices all day long."

## SHOP THE COMPETITION FIRST!

703-938-3160

Then come to us for the best selection of quality products and professional installation, all at an affordable price. Our references include your neighbors.

**FREE ESTIMATES ON INSTALLATIONS**

SE HABLA ESPAÑOL

## VIENNA FLOORS

ESTABLISHED IN 1984  
 208 DOMINION ROAD • VIENNA, VA  
 HARDWOOD-CARPET-WOOD LAMINATES-CERAMIC TILE-SHEET VINYL  
[WWW.VIENNAFLOORS.COM](http://WWW.VIENNAFLOORS.COM)  
 Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm



## FAITH NOTES

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

**Florin United Methodist Church**, 13600 Frying Pan Road in Herndon, has 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. Florin UMC has been ministering to Herndon and the surrounding community for more than 100 years, and numerous opportunities are available to worship, grow, and serve. 703-793-0026 or [www.florinsumc.org](http://www.florinsumc.org).

**Vajrayogini Buddhist Center**, Brown's Chapel, 11450 Baron Cameron Ave., Reston, holds monthly classes for the general public beginning. Gen Kelsang Varahi, an American Buddhist nun, will teach 'Living Meditation: Meditation for Relaxation,' teachings and guided meditations that will give students an ability to learn how to relax their body and mind. \$12. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9

a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

**Adult Sunday school** will be held 9:30 a.m. Sundays at the Washington Plaza Baptist Church at Lake Anne Village Center. The group is studying the Gospel of Mark. Services follow at 11 a.m.

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3-4 year-old students for the 2010/2011 school year. Contact 703-938-2391 or [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

**HAVEN of Northern Virginia** offers a variety of free bereavement support groups, meeting on a weekly basis. Contact 703-941-7000 or [www.havenofnova.org](http://www.havenofnova.org) for schedules and registration information.

**The Baha'i community of McLean** holds a weekly fireside, a meeting of discussion, devotion and fellowship, at 7500 Box Elder Court in McLean, at 8 p.m. every Friday. An opportunity to learn about the Baha'i faith. 703-556-3400.

## COMMUNITIES OF WORSHIP

Progressive & Welcoming

**ST. ANNE'S EPISCOPAL CHURCH • Reston**

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

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

The Rev. James Papile, Rector  
 The Rev. Jacqueline Thomson  
 The Rev. Denise Trogdon  
 703-437-6530  
[www.stannes-reston.org](http://www.stannes-reston.org)  
 1700 Wainwright Dr., Reston

**Herndon United Methodist Church**  
[www.HerndonUMC.org](http://www.HerndonUMC.org)

Sundays

8:30 AM Sanctuary, Traditional Worship Service  
 10:00 AM Garden, Traditional Worship Service  
 11:00 AM Connection, Contemporary Worship Service

other weekly services

5:30 PM Saturdays: Relax & Renew, Casual Worship Service

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

To Highlight your Faith Community,  
 Call Karen at 703-917-6468



[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

## DYNAMICS Physical Therapy



Dr. David Sahley  
 DPT, OCS, COMT



Dr. Cristina Trypanis  
 PT, DPT



Dr. Karen Jensen-Vick  
 DPT, MPT

We offer a variety of services to assist our patients:

- Sports Medicine
- Post-Surgical Rehab
- Neurological Rehab
- Spinal Therapy
- Whiplash
- Neck and Back Pain
- Scoliosis
- Arthritis
- TMJ Disorders
- Shoulder and Knee Injuries

Call for an appointment today!

HERNDON 703.793.4851

2445 Centreville Road  
 Herndon, VA 20171  
 HOURS: Mon & Wed 10 am-8 pm, Tues & Thurs 8 am-8 pm, Friday 7 am-2 pm

GAINESVILLE 703.754.0394

7210 Heritage Village Plaza  
 Suite 101, Gainesville, VA  
 HOURS: Mon & Wed 7 am-8 pm, Tues & Thurs 8 am-4 pm, Friday 7 am-2 pm

HAYMARKET 703.754.6955

6856 Piedmont Center Plaza  
 Unit C-4, Gainesville, VA  
 HOURS: Mon & Wed Noon-8 pm, Tues & Thurs 7 am-3 pm, Friday 8 am-3 pm

Most insurances are accepted. New patients are welcome.

[www.dynamicsphysicaltherapy.com](http://www.dynamicsphysicaltherapy.com)

OVER 100 MILLION AMERICANS SUFFER FROM DIGITAL EYE FATIGUE DO YOU?



Now there is a solution:

GUNNAR Advanced Computer Eyewear... Strictly for use in Cyberspace!

- Ease Eye Strain
- Reduce Neck Pain
- Enhance contrast
- Maximize performance

Ideal for gaming & extensive computer use! Available in prescription\* & non prescription  
\*some power limitation may apply.

**GUNNAR COMPUTER EYEWEAR**

Optics by Carl Zeiss Vision

## EYE STREET OPTICAL

Celebrating 25 Years of Serving the Community

Chantilly  
 Professional Building  
 3910 Centreville Road  
 Suite 100, Chantilly VA

Use Your FLEX FUNDS!

703-830-6377  
[EyeStreetOptical.com](http://EyeStreetOptical.com)



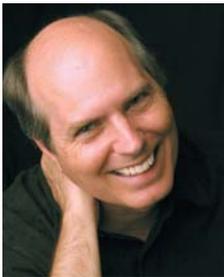
FAIRFAX SYMPHONY ORCHESTRA  
Christopher Zimmerman | Music Director

## Next Concerts!

**Saturday, March 17, 2012 • 8:00 P.M.**  
**GMU's Center for the Arts, Fairfax**

**Sunday, March 18, 2012 • 3:00 P.M.**

**Hylton Center, Manassas**



**STRAVINSKY:** *Firebird Suite*

**LISZT:** Concerto for Piano and Orchestra No. 2 in A major  
*Rick Rowley, piano*

**SIBELIUS:** Symphony No. 7

**SIBELIUS:** *Finlandia*

Tickets: \$25-\$55 • Students ages 6-18 always \$5  
888-945-2468

[www.fairfaxsymphony.org](http://www.fairfaxsymphony.org)

## NEWS

# Pressure of Success

Elden Street Players present "Glengarry Glen Ross."

BY DAVID SIEGEL  
THE CONNECTION

"What a great play with wonderfully rich characters," said Rosemary Hartman, director of the Elden Street Players upcoming production of David Mamet's "Glengarry Glen Ross." The Tony and Pulitzer Prize winning drama has "an amazing, muscular script with plenty of subtext to bring out Mamet's commentary" about the world of commerce.

"Glengarry Glen Ross" is the story of the American Dream as seen from the vantage point of four small-time real estate agents trying to survive. It takes place in Chicago in the mid-1980's. It is a very dog-eat-dog world depicted by Mamet. What sets things in motion is a contest to sell real estate; the winner wins a car, the losers will be fired.

For the Elden Street Players the storyline is one of "questionable business deals... Money, egos, and careers all on the line. Threats, lies, bribery and intimidation are the name of the game."

Director Hartman described the "memorable characters played by a very talented, dedicated cast of seven who find dynamic intensity in their words as the strong are pitted against the weaker." The



**From left Chuck Dluhy, and Kevin Dykstra in The Elden Street Players' production of "Glengarry, Glen Ross," opening March 16 at Industrial Strength Theater.**

cast is skilled at "bringing out all the desperation that underlies each character."

"What I try to accomplish is to guide the actors on their characterizations to develop all the nuance and undercurrents" in a play where language and meaning, talking and listening are at its heart. Hartman also is intent to "keep it real in the stage setting" first in a Chinese Restaurant and then in a real estate office.

At a recent rehearsal, the cast discussed what motivates their individual characters. How each of the characters think, talk and prey upon one another. Ted Culler

## When and Where

"Glengarry, Glen Ross" at Industrial Strength Theater, 269 Sunset Park Drive, Herndon. Performances March 16-April 7, 2012. Friday-Saturday at 8 p.m., Sunday, March 25, 3 p.m.; Sunday, April 1, 7 p.m. and Thursday, April 5, 8 p.m. Tickets: \$20. Visit <http://eldenstreetplayers.thundertior.com> call 703-581-5930. Note: This play is for mature audiences with strong language; not appropriate for children.

spoke of the exasperation of his character "as pressure builds to be successful." Michael Clendenin spoke of "the strong interplay among the characters, how they push and pick at each other." Kevin Dykstra mentioned finding ways within himself "to portray a character who is really not a nice guy." A line from one of the characters gives a flavor of the production "It's not a world of men... it's a world of clock watchers, bureaucrats, officeholders. What it is, it's a [messed] up world, there's no adventure to it."

Mary Ann Hall, production stage manager has watched the cast dive into the script through many rehearsals. She invited audiences to step into the Mamet world "for this very powerful and unforgettable performance."

## 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).

### WEDNESDAY/MARCH 7

**Bat White-nose Syndrome: There is a New Fungus Among Us.** 7 p.m. USGS Headquarters, 12201 Sunrise Valley Drive, Reston. Dr. David Blehert will discuss the profound impacts white-nose syndrome may have in the 21st century. Since first discovered in 2007 in New York, white-nose syndrome has spread to 16 states and four Canadian provinces. The disease is estimated to have killed over five million hibernating bats. Federal facility, photo Id required. Free and open to the public. Follow this event live @USGSLive. 703-648-7770.

**Friends of the Fairfax County Animal Shelter Fundraiser.** 6-8:30 p.m. Whole Foods Market, 143 Maple Ave., Vienna. 5% of all sales from the Café Bar will be donated to FFCAS. [www.facebook.com/events/27398201933851/?context=create](http://www.facebook.com/events/27398201933851/?context=create).

**Wonderful Ones.** 11 a.m. Herndon Fortnightly Library, 768 Center

St., Herndon. Songs, stories and rhymes. 12-23 months with adult. 703-437-8855.

### THURSDAY/MARCH 8

**Karl Scully.** 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Classical and Irish music. \$25. [www.wolftrap.org](http://www.wolftrap.org).

**Book Discussion Group.** 7:30 p.m. Reston Regional Library, 11925 Bowman Towne Drive, Reston. Call for title. 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 an appointment. Adults. 703-242-4020.

**One-on-One English Practice.** 2 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. Call for appointment with an ESL volunteer. 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.

### FRIDAY/MARCH 9

**The Amazing Kreskin.** 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Illusions and comedy with

audience participation. \$25. [www.wolftrap.org](http://www.wolftrap.org).

**"I Love You Because."** 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or [restonplayers.org](http://restonplayers.org).

### SATURDAY/MARCH 10

**"I Love You Because."** 8 p.m. Reston Community Players, 266 Sunset Park Drive, Herndon. Tickets \$15-\$21. 703-476-4500 or [restonplayers.org](http://restonplayers.org).

**Amphibian Idol.** 11 a.m. Walker Nature Center, 11450 Glade Drive, Reston. All ages. Learn about which amphibians are making which sounds, and make noise as part of a frog chorus. \$4-\$6. [naturecenter@reston.org](mailto:naturecenter@reston.org) or 703-476-9689.

**Singer Paula Cole.** 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. \$25. [www.wolftrap.org](http://www.wolftrap.org).

**Reston Contra Dance.** Reston Community Center, 2310 Colts Neck Rd., Reston. Beginners' workshop 7:15 p.m., dance 8-10:45 p.m. Michael Barraclough calls to the music of the June Apple Band. Partner not necessary, admission \$9. [anote20@gmail.com](mailto:anote20@gmail.com).



SAVE THE DATE FOR:

*The World's Fanciest Rummage Sale*

**BENEFITTING**



**BOYS & GIRLS CLUBS**  
OF GREATER WASHINGTON  
FAIRFAX COUNTY

**Sunday, March 25th, 12-4pm**

**The Ritz-Carlton, Tysons Corner**

**Get unbelievable items at ridiculous prices.**  
**You can't afford to miss this!**

On-site moving company available for hire for large item purchases.  
Make your spring cleaning count this year!

**Donate new (or like-new) items for the sale now.**

**Donation receipts provided**  
Have a really big item to donate?

Contact Helen Kruger (703-748-4068) to make pick-up arrangements

For more information on the event, item donation and pre-registration visit our website at  
<http://www.fairfaxbgcgw.org/index.php/rummage-sale>

Admission: \$5 per Person  
Members of the Military FREE with Military ID



# Cougars Claw Their Way to State Tournament Victory

**Oakton gets a big late game basket from Caroline Coyer and pulls away from Monacan in state quarterfinals.**

BY RICH SANDERS  
THE CONNECTION

There were less than four minutes remaining in last Friday night's Virginia State AAA girls' basketball quarterfinals playoff game between Oakton High and Monacan High of Richmond. A basket by Monacan had just tied the score and Oakton needed to answer. And who better to answer the call than senior guard Caroline Coyer, one of the region's best all-time players, who has made her share of big baskets in leading the Cougars to state playoff appearances in three of her four high school years.

Coyer, poised with her dribble near the top of the key, made a quick move right than pulled up for an 18-footer which went into the basket to give Oakton a two-point lead with 3 minutes, 48 seconds left to play. The clutch field goal began a 9-0 Oakton scoring spell which clinched the game in a 73-65 Cougars' playoff victory which took place at Robinson Secondary.

"When it gets down to crunch time and you're a senior on the floor, you know you have to make a shot like that," said Coyer, who followed her go-ahead basket with a deep three-pointer off the right wing a bit later to give her team a commanding 63-56 advantage with just over two minutes remaining. "You have to have confidence because you've been there for four years."

The win improved Oakton's record to an incredible 29-0 on the season. The Cougars, who earlier last week had captured their third Northern Region tournament crown in four years with a victory over West Springfield at Robinson on Feb. 27, were set to play a state semifinals game versus Woodside High (Newport News) on Wednesday night, March 7 of this week at the Siegel Center on the Virginia Commonwealth University campus in Richmond. A win there would put Oakton into Friday night's state title game.

Coyer, in the win over Monacan (Central



**Katherine Coyer scored 12 of her 22 points during the third quarter of the Cougars' win over Monacan.**

Region), scored a game-high 27 points, 15 of those coming in the fourth quarter with the game in the balance. Twin sister Katherine, the region tournament MVP, scored 22 points. The Cougars also received solid scoring contributions from junior center Elizabeth Manner (9 points, game-leading 11 rebounds) and freshman shooting guard Karlie Cronin (6 points, 4 rebounds). Helen Roberts, a junior guard, added five points off the bench and sophomore guard Torri Marquis scored four points. Caroline and Katherine Coyer both had eight and seven rebounds, respectively.

**MONACAN**, with two outstanding senior backcourt players in Gabby Harris (22 points) and Raven Williams (18 points), jumped out in front 11-6 five minutes into the game and had its biggest lead, 17-10, following a conventional three-point play by Williams with 29 seconds remaining in the opening quarter.

But one of the game's key baskets came moments later when Oakton's Roberts nailed a three-pointer off the left wing to get the Cougars within 17-13 before the quarter ended.

That basket by Roberts started an 11-0 Oakton streak which saw coach Fred



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Oakton's Caroline Coyer protects the ball in front of the Monacan bench as Chiefs head coach Larry Starr takes in the action.**

Priester's team run the court in outstanding fashion and make hard, controlled drives to the basket as Oakton moved ahead 21-17 a few minutes into the second quarter. Caroline Coyer, during that stretch, scored consecutive baskets - a driving close range shot off the left side and a medium range pull-up jumper off the fast break - to put her team ahead 19-17.

Monacan would regain the lead later in the quarter, 24-23, before the Cougars scored six of the first half's final eight points to take a 29-26 lead at the intermission. Katherine Coyer converted two free throws with 19 seconds left to finish the first half scoring.

**OAKTON'S ADVANTAGE** improved to 32-26 early in the third quarter before the upset-minded Chiefs scored the game's next 10 points to go ahead 36-32. A driving basket off the left side by Katherine Coyer followed by two free throws by Caroline Coyer tied the game at 36 nearly halfway through the third quarter.

Moments later, after Monacan took a 38-36 lead, Oakton got back-to-back three-point baskets from Katherine and Caroline to help the Cougars regain the lead at 42-38 and force a Chief's timeout. Manner, when play resumed, scored on a rebound follow-up after her own miss to make it 44-38.

But, in the back and forth contest, Monacan outscored Oakton 10-2 to go ahead 48-

46 before Katherine Coyer, came up with a huge play in the final seconds of the third quarter when she scored off the left side in traffic while being fouled. Her ensuing free throw made it 49-48 Oakton with one quarter to play. Katherine Coyer scored 12 third quarter points.

There were a couple more lead changes over the first four minutes of the fourth quarter before Caroline Coyer's important basket with just under four minutes left broke the 56-56 deadlock and gave the Cougars the lead for good.

Over the game's final three-plus minutes, Oakton converted a perfect 12-of-12 from the foul line. For the game, Caroline was 9-of-9 from the line and Katherine made all seven of her tries.

"You really have to buckle down the final few minutes and focus," said Katherine Coyer, of the Cougars' ability to hit big shots, both from the field as well as the foul line, in the game's down stretch. "At the end we knew they would foul us. Elizabeth Manner and Karlie [Cronin] hit big foul shots."

Katherine said Oakton beat a quality team in Monacan.

"They have a lot of real good athletes," she said. "Something you don't always see in the Northern Region or the Concorde District is players who drive the ball to the basket and shoot real well."

Caroline Coyer said Oakton handled the late game pressure well.

"I think that's our experience [as a program]," she said. "We've been in state tournaments before and have the experience of knowing what to do."

It's a sweet feeling for Oakton to be playing in the state tournament after missing out last year as a result of a region tournament semifinals loss to West Springfield - the first and only defeat for the Cougars all season.

"It's awesome," said Caroline, of Oakton set to play in the final four in Richmond. "You want to go out on a good note as seniors. But no matter what happens we're going out on a good note."

"It's definitely exciting," added Katherine. "Caroline and I have been in two [state final four's]. It's exciting to go back again but also good to have other teammates go with us this time."

**Benches, Fountains, Statues, Bonsai, Orchids & Roses**

**25% OFF** Trees & Shrubs  
2011 Stock Only

**Pansies 97¢**  
Reg. \$1.89

**FREE ESTIMATES**  
Landscapes, Patios, Walkways, Walls & Paver Driveways

**50% Off**  
Crepe Myrtle & Select Shade Trees

**Japanese Maples 30% Off**  
~ Over 200 Varieties ~

**50-65% Off Pottery**  
Washington Area's Biggest Selection

**Cravens Nursery & Pottery**

9023 Arlington Blvd.,  
Fairfax, Virginia  
2 miles west of I-495 on Rt. 50,  
1 mile from I-66 (Vienna Metro)

703-573-5025  
www.cravensnursery.com  
Open 7 days a week

The **REVOLUTION** has ARRIVED  
in your neighborhood

**Papa Murphy's PIZZA**

Join the Take 'N' Bake Revolution™

phone ahead we'll have it ready when you arrive

**HERNDON**  
13320-D Franklin Farm Rd  
Franklin Farm Village, next to Giant  
571-203-0100

We welcome

facebook.com/papamurphyspizza

© 2012 Papa Murphy's International LLC 7207-PM0312-CHCTN-OPENPEP6

**PEPPERONI PIZZA**

**\$6**

**LARGE Family Size \$2 more**

2011 NATIONAL CHAINS SURVEY  
**#1 RATED ZAGAT PIZZA CHAIN**

**Papa Murphy's**

Expires 4/6/12. Limit 3. Not valid with any other offer. Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. 964-1C030712

## Look What She Saw—Sort Of



By KENNETH B. LOURIE

Well there's five seconds that fellow super-market-shopper won't have back anytime soon. The question, the curiosity is: will she have nightmares and/or live to regret staring at me so intently that I think I may have seen the whites of her eyes – and it wasn't even remotely dark? Two chemotherapy infusions in (with four more to go), the toll has begun to be taken: hollow eyes, smooth beard, thinning and wispy hair, ashen gray and hospital-like pallor; granted, I'm not a pretty sight, but please madam, control yourself.

And not that I'm the least bit self-conscious, but I am sensitive and aware of some of the inadvertent and awkward, embarrassed-to-be-caught, staring-type glances cast in my direction. Though I wear a hat whenever I'm out in public (almost always in private too), I am determined to live as normal a life as I can despite the wear and tear of chemotherapy. Unfortunately, it's not Halloween, so my ready-made costume can serve no greater good. However, if it were the end of October, my services as a haunted house-type prop would be most valuable.

So far, my energy level (drawn from one's red blood cells) is still reasonably normal, enabling me to actually get off the couch and shop if necessary. Eventually though, the chemotherapy will destroy enough of these cells (along with the white blood cells) so that getting off the couch will become more difficult. Not painful. More like challenged. I equate it with not having any gas in the tank. The car will not drive/move without it. It's nothing personal. It's nothing professional. It's not indicative of a bigger problem. It's simply not able to function.

As concerns those white blood cells, they too are also being targeted by the chemotherapy in an attempt to eradicate any remaining cancer cells hiding in their midst. Once the white blood-cell count has been lowered by the treatment, my immune system will be seriously compromised. As such, I will become more susceptible to germs, infections, sickness, etc. Purell, the hand sanitizer, will become my constant companion. Bottles of it will be everywhere in my house – and cars – as I attempt to remain vigilant in my attempts to fend off the sickness that my weakened immune system must inevitably endure.

Unfortunately, killing the cancer cells – however temporary, has the related effect of looking like it's killing the patient, too. Apparently, that's what this female shopper was reacting to: my rather sickly appearance, and so close to Valentine's Day, too. In fact, we were both in the card aisle. Presumably she was looking for a little color, not the absence of color – as in the color missing from my face, and it startled her almost; and to tell you the truth, she really didn't deal with it too well – at least in my presence, anyway. And her inability to not stare at me surprised me at first: what's she staring at? (You have a problem, ma'am?) Then I realized what – and why, she was staring at me. I don't look so good. In fact, I may be starting to look bad. And though I don't feel as bad as I might already be looking, to the casual observer however, it may be thought that as bad as I look, I probably feel worse. Which I don't – and haven't. Nevertheless, it's a peculiar sort of mixed presumptions. And there's nothing I can or care to do about it. Still, as I noticed this woman "eyeballing" me, I thought, oddly enough; something must be wrong with her. Imagine that? Something wrong with her? And she looked normal. How's that for mind over matter. I don't mind if it matters to someone else. I'm going to live my life. I have to.

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

ZONE 1: • RESTON  
• HERNDON • LOUDOUN

# EMPLOYMENT

703-917-6464

ZONE 1 AD DEADLINE:  
TUESDAY 4 P.M.

### BUSINESS OPP

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

### BUSINESS OPP

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**  
NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
**301-333-1900**  
Weekdays 9-4

### EDUCATION TRAINING

#### Pharmacy Technician Trainees Needed Now!

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

#### DENTAL ASSISTANT TRAINEES NEEDED NOW!

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

#### MED BILL & CODING Trainees NEEDED NOW

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

**Senior Programmer Analyst** (Masters + 3 yrs exp, Bachelors + 5 yrs exp, or other suitable qualifications) – Dulles, VA. Job entails working with and requires experience in Siebel, MQ Series, Web Service, PRM Application, HTTP, Product configuration, Pricing Models, Custom Built-ins and PERL script. Relocation and travel to unanticipated locations within USA possible. Send resumes to Innovative Network Solutions Inc, 44845 Falcon Place, Suite 109, Dulles, VA 20166.

**Software Engineer**  
MS in comp sci, info sys or eng + 1 YR exp. Job in Herndon, VA. E-mail resumes to The Athene Group, LLC. - kripa.shetty@theathenegrp.com

#### DENTAL ASSISTANT

35 hrs/wk, M-Th, no eves/wknds. Good salary. Benefits. Mature, hard working. Experience and computer skills helpful. Opportunity for growth.  
Fax resume (703) 273-4212

#### Receptionist Wanted

McLean Pediatric office looking for a Receptionist to work 3 days a wk & 2 Saturdays. Call 703-790-5390 Ask to speak with Janice or Lynette

#### BEST CHILDCARE JOBS!

F/T, P/T, On-Call, Top Salaries  
No Fees, Must be 21, Legal & Drive  
References Req'd  
**703-838-2100**  
*White House Nannies, Inc*

### Nysmith School for the Gifted Herndon, VA

#### Accounting/Admin Assistant

Responsible for AP/AR functions, order supplies, data entry, front office team member and all other duties as assigned. Job is a 10-month position with a few additional days in the summer.

#### Qualifications:

1. Posses accounting degree or 2+ years of relevant accounting work experience
2. Proficiency in Quickbooks, Microsoft Word, Excel and Outlook
3. Be able to work independently and as a team
4. Possess good organization and time management skills
5. Pay excellent attention to detail
6. Have excellent written and verbal communication skills, along with a positive and professional demeanor
7. Be able to maintain confidential information
8. Ability to multitask and meet deadlines

**703-713-3332**

## Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

**THE CONNECTION**  
NEWSPAPERS

## HOW TO SUBMIT ADS TO

# THE CONNECTION

Newspapers & Online

## CLASSIFIED

### DEADLINES

Zones 1, 5, 6 ..... Mon @ noon

Zones 2, 3, 4 ..... Tues @ noon

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

## EMPLOYMENT

### DEADLINES

Zones 5, 6 ..... Tues @ 11:00

Zones 1, 3 ..... Tues @ 4:00

Zone 2 ..... Wed @ 11:00

Zone 4 ..... Wed @ 1:00

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

## ZONES

**Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection

**Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection

**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette

**Zone 4:** Centre View North  
Centre View South

**Zone 5:** The Potomac Almanac  
**Zone 6:** The Arlington Connection  
The Vienna/Oakton  
Connection  
The McLean Connection  
The Great Falls  
Connection

ZONE I: • RESTON  
• HERNDON • LOUDOUN

# HOME & GARDEN

CONNECTIONNEWSPAPERS.COM CONTRACTORS.com

703-917-6400

ZONE I Ad DEADLINE:  
MONDAY NOON

ZONE I: • RESTON  
• HERNDON • LOUDOUN

# CLASSIFIED

703-917-6400

ZONE I Ad DEADLINE:  
MONDAY NOON

**CLEANING**

**CARE MORE CLEANING SOLUTIONS** 

Residential & Commercial  
10% Senior Citizen Discount

**703-862-5904**  
OR  
**703-780-6749**  
caremorecleaning.com

LICENSED INSURED

**GUTTER**

**PINNACLE SERVICES**

- GUTTER CLEANING
- SMALL REPAIRS
- SCREENING
- POWER WASHING

703-802-0483  
GROUP RATES AVAILABLE  
FREE EST.



**HAULING**

**ANGEL'S TRASH REMOVAL**

- Junk & Rubbish • Furn.
- Yard, Construction Debris • Garage & Basement Clean Up

**703-863-1086**  
**703-582-3709**  
**240-603-6182**

**HAULING**

**AL'S HAULING**

**Junk & Rubbish**  
Concrete, furn., office, yard, construction debris  
Low Rates NOVA  
**703-360-4364**  
**703-304-4798** cell

**7 DAYS A WEEK**

**26 Antiques**

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

**THE CONNECTION NEWSPAPERS CLASSIFIED**

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

**ELECTRICAL**

**K & D ELECTRIC**

COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

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

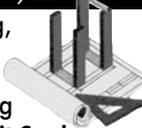
Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522

**IMPROVEMENTS**

**R.N. CONTRACTORS, INC.**

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

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



**LANDSCAPING**

**A&S LANDSCAPING**

Planting • Mulching • Sodding  
Patios • Decks • Driveway Sealing,  
Asphalt • Retaining Walls  
Erosion Control • Drainage Solutions  
**703-863-7465**

**ANGEL'S LAWN MOWING**

- Trimming • Leaf & Snow
- Removal • Yard Clearing
- Hauling • Tree Work

**703-863-1086**  
**703-582-3709**  
**240-603-6182**

**21 Announcements**

**BRANCH OUT**

Reach new customers when you advertise through Virginia Press Services' STATEWIDE DISPLAY AD NETWORK!

Place your business card-size ad in more than 65 statewide newspapers and your message will reach more than 500,000 Virginians.  
CONTACT THIS NEWSPAPER or Adriane Long, Virginia Press Services, 804-521-7585 or adrianel@vpa.net.



**GUTTER**

**AFFORDABLE QUALITY ROOFING & GUTTERS**

Repair, Replace, Local Refs.



**703-794-8513**

**LAWN SERVICE**

**PINNACLE SERVICES, INC.**

**LAWN SERVICE**

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

**703-802-0433**

**PAINTING**

**PATRIOT PAINTING**

www.PatriotPainting.net

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

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

**703-502-7840**  
Cell  
**571-283-4883**

**21 Announcements**

**Are you 16-24 years old?**

Get free training for a new career

Call the Admissions Office in your area:  
Richmond 804-340-5540 - Norfolk 757-466-3202 - Alexandria 703-671-5300  
Fredericksburg 540-710-9172 - Lynchburg 434-455-2521  
Roanoke 540-985-3073

**www.jobcorps.gov**



**IMPROVEMENTS**

**R&N Carpentry**

- ♦ BASEMENTS ♦ BATHS ♦ KITCHENS

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

**J.E.S Services**

**LANDSCAPE & CONSTRUCTION**

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

**Call: 703-912-6886**  
**Free Estimates**



**ROOFING**

**Falcon Roofing**

Roofing & Siding (All Types)

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

**21 Announcements**

Help for people with  
**Macular Degeneration**

Find out if special glasses can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist offices located throughout Virginia.

**(866) 321-2030**  
Dr. David L. Armstrong LowVisionHelp.blogspot.com



**A&S Landscaping**

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

**703-863-7465**  
LICENSED  
Serving All of N. Virginia



**MASONRY**

**Potomac Masonry**

**703-498-8526**

New Installations & Repairs  
Stone - Flagstone - Brick - Concrete  
FREE ESTIMATES!!  
Lic. & Ins  
potomacmasonry.net



**TREE SERVICE**

**ANGEL'S TREE REMOVAL**

- Brush & Yard Debris
- Trimming & Topping
- Gutters & Hauling

Angeltreeslandscaping-hauling.com  
**703-863-1086**  
**703-582-3709**  
**240-603-6182**

**The HANDYMAN**  
A DIVISION OF NURSE CONSTRUCTION

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

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

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



**MASONRY**

**MASONRY SPECIALIST, LLC**

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

**BRICK - FIELDSTONE FLAGSTONE - CONCRETE**

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

Go to [www.masonryspecialist.com](http://www.masonryspecialist.com) for ideas, pictures & coupons!  
All Work Guaranteed - Licensed & Fully Insured  
Class A License #VA2705087240A



An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

**THE CONNECTION NEWSPAPERS CLASSIFIED**

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

Nothing is too small to know, and nothing too big to attempt.  
-William Van Horne

# Fairfax



# AUTO PARTS

## WWW.FXPARTS.COM

### We've Changed to NAPA to Better Serve Our Customers

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

# 10% OFF

## EVERY ITEM IN THE STORE!

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

Expires April 3, 2012.

CN

# ONLY \$1.00

## 1 GALLON OF WINDSHIELD WASHER FLUID

- Valid at all locations
- Limit 1 per customer
- Offer valid while supplies last
- Must present coupon
- Expires April 3, 2012

CN

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

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

**CHANTILLY** .....703-631-3800  
14154-C Willard Rd.

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

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

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

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

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

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

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

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

### 2 MANASSAS AREA LOCATIONS

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

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

These stores are not affiliated with NAPA.

# Fairfax



# AUTO PARTS

**MOST STORES OPEN  
NIGHTS & SUNDAYS**

**PARTS PRO GROUP®**  
EVERYTHING AUTOMOTIVE

Full Line of Foreign & Domestic Parts  
Complete Machine Shop Service