

# Examining Nature Of Golf Course

NEWS, PAGE 3

Local residents observe wildlife near the Reston National Golf Course Saturday, March 23, on a nature walk hosted by the Reston Association, Reston Historic Trust and the Walker Nature Education Center.

## Helping Provide Food for Others

NEWS, PAGE 13

## Jewish-Muslim Passover Seder Commemoration

NEWS, PAGE 3

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIEDS, PAGE 14

PHOTO BY ALEX McVEIGH/THE CONNECTION



Marymount University  
Reston Center

## Master of Education

- M.Ed. with licensure in Elementary or Secondary Education or a nonlicensure M.Ed. in Professional Studies
- Cohort meets on Friday evenings and Saturdays on scheduled weekends
- Expert faculty with extensive connections in local school systems
- Degree earned in as little as two years of part-time study

Information Session • April 11 • 7 p.m.  
Reston Center, 1861 Wiehle Ave.  
RSVP: (703) 284-5902 or [MarymountEducation.com](http://MarymountEducation.com)

[www.marymount.edu](http://www.marymount.edu)



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

**Falls Church Showroom**  
800 West Broad Street, #101  
Falls Church, Virginia 22046  
571.765.4450

**Manassas Showroom**  
8982 Hornbaker Road  
Manassas, Virginia 20109  
703.378.2600



KITCHENS | BATHS | ADDITIONS

Contact us at [info@nvsrd.com](mailto:info@nvsrd.com)

*Making the most of your*

# IOLTA

Partner with a bank that **truly** knows how to manage IOLTA accounts.

Save time by making online transactions from IOLTA to operating accounts.  
Avoid unnecessary penalties and hassle. No minimum balance.  
No worries.

Serving DC, Maryland, and Virginia.



## MainStreetBank

**Call 703-481-4567 or visit a branch today!**



Member  
**FDIC**

# NEWS

## Jewish-Muslim Passover Seder Commemoration

Local multi-religious celebrations and interfaith dialogue inspire communities nationwide.

BY ANDREA WORKER  
THE CONNECTION

With one foot in Fairfax County and the other in Loudoun, (yes, they needed permits from both counties during construction) the All Dulles Area Muslim Society (ADAMS) Center in Sterling couldn't have been a better choice of venue for an interfaith commemoration of Passover, the ancient Jewish holiday celebrating the exodus of the Israelites from Egypt over 3,000 years ago. The building, with its cross-counties placement, symbolizes the bridge building that took place on Saturday, March 30, when members of the ADAMS Center co-sponsored a Passover Seder with the Washington Area Jews for Jewish-Muslim Understanding, led by Andrea Barron. Sitting side-by-side in the small meeting room were Jews and Muslims as well as Christian pastors from Falls Church and Reston.

**THE TRADITIONAL SEDER PLATES** at the tables contained all of the requirements for the ritual: unleavened bread, a green vegetable, a shank bone, roasted egg, bitter herbs, charoset, and a small bowl of salt water representing a bitter vegetable. Grape juice was the beverage utilized in the ceremony, with respect to the Muslim hosts and participants whose religion prohibits alcoholic drinks.

ADAMS board member Rizwan Jaka welcomed the assembly, declaring himself and the ADAMS community "honored" not only to be hosting the event for the fifth time, but also to be part of the celebration itself. "As Muslims," said Jaka, "we commemorate when God freed the children of Israel from Pharaoh, and we believe that the Seder's message is one for all humanity."

Barron led the interfaith group through the prayers, songs and rituals, with members of all represented religions doing their best to join in. Everyone took turns reading from the Haggadah, the book that contains the instructions for the Seder, the blessings and songs, and the Passover story. "This year, our Four Cups of Passover will represent the universal values of Freedom, Justice, Peace and Understanding," said Barron. At different stages throughout the ceremony Barron encouraged the celebrants to offer their thoughts on these and other topics, sparking thoughtful dialogue on how to close the gap between the "aspirations and actions of nations, political parties,



From left, Farhanahz Ellis, the interfaith and outreach director for ADAMS, Andrea Barron, organizer of the Seder for Washington Area Jews for Jewish-Muslim Understanding, ADAMS board member Rizwan Jaka, and his wife Priscilla Martinez, herself a local political and community activist, sit together at the interfaith Passover Seder.



A roomful of faiths, customs and cultures come together to celebrate and to share ideas and prayers for sowing the seeds of peace.

religious communities, organizations and individuals" in bringing about peace, social justice and harmony. Topics ranged far and wide during the discussions, but often came back to concerns over the political situation in Egypt, the post Arab Spring developments, and how to influence a solution where Israel and Palestine can both enjoy peaceful, secure and prosperous futures.

**ACCORDING TO BARRON**, the first Jewish-Arab Seder in D.C. was held 25 years ago, bringing people together to work toward peace in the Middle East. "We are still working," said Barron, "but look how far we've come and how many friendships we have built together." Rizwan Jaka agreed. "Together we are helping to bring people of all faiths and customs closer together," he said, excitedly announcing that after the showing of a mini documentary about their local efforts at the 49th Convention of the Islamic Society of North America, mosques in cities including Detroit, Houston and New York were reaching out to Jewish communities in their area to start their own multi-religious Passover commemorations and interfaith dialogues.



Participants in a walk around the Reston National Golf Course observe birds around the pond near the seventh hole Saturday, March 23.

## Examining Nature Of Golf Course

Residents tour land surrounding Reston National Golf Course.

BY ALEX McVEIGH  
THE CONNECTION

The Reston National Golf Course sits on 166 acres south of Sunrise Valley Drive and north of South Lakes Drive. When open, it's home to thousands of golfers every year. But it's also home to a wide variety of wildlife all year round.

The Reston Historic Trust, Walker Nature Education Center and Reston Association hosted a walk around the course Saturday, March 23, showing off the many types of creatures that make their home in the various habitats in the property.

"This course creates what we call an 'edge effect,' which attracts the types of animals that would populate forests and fields," said Ken Rosenthal, a naturalist with the Walker Center. "The course may not be the most 'natural' of natural spaces, but it's a great resource for this community, and a great source of value for those who live nearby."

Much of the golf course is classified "old field" habitat, which is land that is usually dominated by grasses and wildflowers. According to the Fairfax County Resource Management Office, old field habitat is the fastest disappearing habitat in the county.

"There are big patches of land on the course [between South Lakes Drive and Golf Course Drive] that has to be bush hogged annually, but it contains a lot of dense bush that is home to sparrows, blue birds, even a fox den in the middle," said Bill Burton, a naturalist who was on the walk. "The golf course is

also a hot spot for birds, especially hawks, probably because it's such a big patch of unbroken open space."

The large pond next to the seventh hole is a particularly popular spot for birds of all kinds. Helaine Krob, who lives on the other side of the pond, watches birds from her deck.

"We love sitting on the deck and just watching them," she said. "My son maintains a bluebird nest there every year."

Krob has counted 66 different bird species over the last year, with 25 of those seen in March alone. She has also counted 10 species of butterflies, five species of dragonflies, three kinds of turtles, as well as raccoons, bats, chipmunks, squirrels, frogs and toads.

Rosenthal said the birding is especially diverse in the spring.

The golf course has been under heavy scrutiny over the past eight months, with the landowners inquiring to the county's Board of Zoning Appeals about the exact nature of the property's zoning ordinance.

The hearing with the Board of Zoning Appeals has been postponed several times, the current scheduled date is May 22.

"This walk isn't meant to be any sort of rally, just an opportunity for the community to get a glimpse of the natural resources in and around the golf course," Rosenthal said.

Reston Historic Trust board chair Shelley Mastran said that this walk was the first in a series that the trust will host. Their next one will be Saturday, May 4, at the Walker Nature Center, and another one is scheduled for Saturday, June 22, at the Sunrise Valley Wetlands.

## THE COUNTY LINE

# Fairfax County's Homeless Population Declines 12 Percent

Emphasis on rapid re-housing, prevention keys to success.

BY VICTORIA ROSS  
THE CONNECTION

Despite the developing impact of across-the-board sequester cuts, and the rising cost of rental housing, the homeless population in Fairfax County declined 12 percent in the past year, and 26 percent since 2007.

"It's a remarkable achievement," said Michael O'Reilly, chairman of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, who released the figures Monday, April 1, along with Dean Klein, Fairfax County's director of the Office to Prevent and End Homelessness (OPEH).

According to Fairfax County's annual "point-in-time" survey, the number of homeless individuals decreased by 184 people, from 1,534 in 2012 to 1,350 in 2013. Since 2007, the number of homeless individuals decreased by nearly 500 people or 26 percent—from 1,813 in 2007 to 1,350 in 2013.

The U.S. Department of Housing and Urban Development (HUD) requires that jurisdictions across the nation conduct a statistically reliable and unduplicated count of the homeless over the course of one day in January. The survey covers only those who are literally homeless—in shelters, in time-limited transitional housing or those who are unsheltered and living on the street.

**THE GOAL** of the count is to identify the number of homeless people at a given point in time and to collect demographic information about those who are homeless to provide direction for future development of housing and services. It is also a requirement to qualify for state and federal funds.

"When we launched the 10-year plan in 2007, we fully expected to have some success," O'Reilly said. What Fairfax County did



Fairfax County Board of Supervisors Chairman Sharon Bulova speaks about her experiences interviewing some of the county's homeless population during "Registry Week," which kicked off the 100,000 Homes Campaign on Feb. 23. "This was something I will never forget. It was one of the most powerful experiences of my life," Bulova said.



Volunteers, elected officials and representatives from area organizations attended a community debrief on March 4 at the Jubilee Christian Center. The debrief was held to reveal the results of a countywide survey on homelessness held the last week of February.

not expect were economic hurdles such as the 2008 recession and this year's sequester. "I think with those challenges, if that number [1,813] had remained constant, and we managed to tread water, that would have been seen as a success. But we've managed to reduce those numbers."

Klein said Fairfax County's key initiatives, such as rapid re-housing and expanding the range and availability of prevention services and resources contributed to the decline in homeless individuals.

"These numbers are very encouraging and energizing for our community of nonprofit, government, business and faith community partners who are working day-in and day-out on behalf of some of our most vulnerable citizens," Klein said. "I am pleased to see that the strategies embedded in our 10-year plan are working."

O'Reilly said the OPEH's effective implementation of the Homeless Management Information System (HMIS), which prioritizes transparency and allows the county to analyze data from a number of nonprofit service providers, is an "often overlooked indicator" that provides a valuable big picture of homelessness in the county.

"We also gained momentum from the re-

### Highlights: 2013 Point-in-Time Count of Homeless

The PIT count was conducted on Jan. 30, 2013.

- ❖ Of the 1,350 people who were literally homeless in the Fairfax-Falls Church Community, 747 were people in families (55 percent of all homeless), and 603 were single.
- ❖ Thirty-three percent (452 people) of all persons who were homeless were children under the age of 18, the same percentage as last year.
- ❖ There were 19 fewer families who were homeless in 2013 compared to 2012, with 90 fewer people, including 53 fewer children and 37 fewer adults.
- ❖ Fifty-eight percent of adults in homeless families were employed. In 2012, 59 percent of adults in families were employed.
- ❖ In 2013, 27 percent of all persons in families were homeless due to domestic violence, a decrease from 40 percent in 2012. Thirty percent of families identified domestic violence as the reason for homelessness.
- ❖ Single individuals account for 45 percent of all homeless persons counted, a total of 603 people.
- ❖ Single adults decreased by 13 percent (94 adults) compared to 2012.
- ❖ Fifty-seven percent (341 people) of single adults who were homeless suffered from serious mental illness and/or substance abuse, a decrease from 64 percent in 2012, and many had chronic health problems and/or physical disabilities.
- ❖ Twenty-two percent (134 people) of single adults were employed, and 9 percent (57 people) were identified as veterans.

cent 100,000 Homes Campaign, but we still need new resources, new partners, ideas and affordable housing," Klein said.

"Affordable housing continues to be a challenge," O'Reilly said. "Although we have seen success in the past four years, we have significant challenges ahead with sequestration and the rising rental housing costs."

**A BRIEFING** on point-in-time highlights from around the region is planned for the Metropolitan Washington Council of Governments board meeting on April 10. The highlights will be available next month through Fairfax County's website at <http://www.fairfaxcounty.gov/homeless>.

## Bulova Appoints Mary Cortina, Faisal Khan to Park Authority Board

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) recently appointed two new representatives to the Fairfax County Park Authority Board.

Faisal Khan, the first Pakistani-American member of the Park Authority Board, is a force in Fairfax County cricket circles and has been a strong advocate for the game. He is a founding member and current manager of the DC Metro Area Cricket League and is also the captain of his team, the Comets. Cricket—a bat and ball game—was first played in southern England in the 16th century. The expansion of the British Empire led to cricket being played overseas, and the first in-

ternational cricket match was held in Karachi in 1935. Although field hockey is the national sport of Pakistan, cricket is the most popular sport in the country, according to the National Cricket Association.

Khan's first official park events took place last year when he participated in a ribbon-cutting for two new turf fields at the Oak Marr RecCenter in Vienna. Both fields are striped for multiple sports, including cricket.

Khan, an advocate for all sports, said he believes that sports play a vital role in bringing together diverse communities.

"Mr. Khan is a local business owner and will bring a valuable perspective to the board," Bulova said. "In business, Mr. Khan is a great advocate for product quality and

excellent customer service, two attributes that our excellent park system embraces as well."

Mary Cortina has been an active and engaged member of the Fairfax Community. For nearly a decade, she worked for the National Wildlife Federation supporting their mission of wildlife preservation in a variety of different roles. As a member of the Burke Centre Board of Trustees, she played a leadership role in assisting with the design of a new parking garage in the Burke community.

In 2007, Cortina was appointed to serve on the Chesapeake Bay Preservation Ordinance Exception Review Committee, and continues to make contributions to the

county in this capacity.

"In addition to Mary Cortina's extensive volunteer background," said Bulova, "she also brings business acumen to the table, having served in a variety of positions dedicated to technical support, planning and budget."

Khan and Cortina will take the place of Jan Hedetniemi, who is now at-large planning commissioner and Marie Reinsdorf. Bulova said she is excited that these new appointees will be able to contribute "fresh enthusiasm and perspectives" to the mix of talent already on the Park Authority Board.

—VICTORIA ROSS

**SUN DESIGN INVITES YOU TO OUR  
WHOLE HOUSE REMODELED TOUR IN  
BETHESDA!**

**Saturday, April 13<sup>th</sup>, 10am-4pm**

6601 Michaels Drive, Bethesda, MD 20817



REINVENT YOUR HOME TO ENRICH YOUR LIFE

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home to include a gourmet, eat-in, kitchen, large family room with cathedral ceilings, transom windows, and cable railing, and a remodeled master suite with enlarged walk-in tub and shower combination.

Special Thanks to Our Sponsor:



Sandra Hambley  
703-599-0648  
DecorAndYouDC.com

**SUN DESIGN**

design/build | additions | kitchens | baths | basements | outdoor spaces  
703-425-5588 SunDesignInc.com info@SunDesignInc.com

**TWO POOR TEACHERS**

**Kitchen and Bathroom Remodeling**

**We Bring the Showroom to YOU!!**



Select your remodeling products from our Mobile Kitchen and Bathroom Showroom and Design Center!!



**Standard & Premium  
Bath Specials!**

**Starting at  
\$4,950**

Visit our website  
for details!

**Free Estimates  
703-969-1179**

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

Fully Insured & Class A Licensed  
EST. 1999



**2013 Prevention Conference  
for Middle School Students & Parents**

Serving as the VA ABC Regional YADAPP Conference

**Falls Church High School**

7521 Jaguar Trail • Falls Church, VA 22042

**8:15 a.m. - 1:30 p.m.**

Registration open online

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

\$10 per family • \$5 per individual

*Financial assistance available upon request*

**YOUTH Track: Dealing with Stress**

- Silver Lining Stories
- Create Healthy Snacks
- Try Out Zumba or Martial Arts
- Exercise with the Police
- Play with Music
- Assess Your Stress
- Become a Writer

**ADULT Track:  
Helping Your Teen De-Stress**

- Keynote: Dr. William Stixrud —  
Mysteries of the Teen Brain
  - The Teen Brain Follow-Up Q&A
  - Homework Stress-Proofing
  - Tips for Talking with Your Teen\*
  - Current Youth Substance Use Trends\*
- \* Offered in Spanish and Korean  
*Translation services available upon request*

**Contact**

Lisa Adler  
lkadler@upofairfax.org

Funded partially by Virginia ABC, Virginia SPF-SIG, and federal STOP and Drug Free Communities grants

The Unified Prevention Coalition of Fairfax County (UPC) is a nonprofit organization with more than 50 community partners working together to keep youth and young adults safe and drug-free.

**SATURDAY, APRIL 13, 2013**



**Kidney  
Walk**

**APRIL 21, 2013**

RESTON TOWN CENTER, 2:00 PM

REGISTER TODAY!

[KidneyWalk.org](http://KidneyWalk.org) • 202.244.7900

Honorary Chair  
Reed Doughty  
Washington Redskins

Hosts  
Doug Kammerer, NBC4  
Kane & Intern John, HOT 99.5



Register today at [www.kidneywalk.org](http://www.kidneywalk.org)

# OPINION

## April Is Poetry Month

Send us your poems, your Mother's Day photos, and even your poems about mothers.

**A**pril is poetry month, and we invite our readers to share their poems with us. Some will appear in the print edition and some will appear online.

We'd love to have a note from you about what inspired your poetry, and an illustration, photo of you, etc., are welcomed as well. Include the text of your poem, your name and address (we will only print your name and town name, not your full address), email address and phone number to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

Here are some poetry happenings from around the area:

Alexandria's new poetry society, based at the Duncan Library, will hold its second meeting at St. Elmo's Coffee Pub on April 8 from 8-10 p.m. and will explore beat poetry. For more, contact the Duncan Library at 703-746-1705.

At presstime, Alexandria was expected to announce the name of the new Alexandria Poet Laureate, replacing Amy Young.

Bernadette Geyer of Vienna was selected for the 2012 Hilary Tham Capital Collection for

her poetry manuscript, "The Scabbard of Her Throat."

The Iota Club and Cafe, 2832 Wilson Blvd., Arlington, holds an annual poetry event on Mother's Day. This year's event, Sunday, May 12, 6-8 p.m., will feature Bernadette Geyer of Vienna and James Arthur. Iota Club and Café is at 2832 Wilson Blvd., Arlington.

Virginia's current Poet Laureate, Sofia M. Starnes, has launched The Nearest Poem Anthology project, which will collect 50-100 poems submitted by Virginia residents "that are most meaningful to us and thus create a testimony to the immediacy of poetry and its closeness to everyday life." Submissions will be accepted through June, and should include the full text of the poem, the name of the poet and the source, including where you encountered the poem, and 200-250 words of persuasive explanation of why you selected the poem. "This should include some information about yourself and why you consider your selected poem 'nearest' to you," Starnes writes. "The compelling nature of your write-up — your story — will play an important role in the se-

### EDITORIAL

### Contrary to Popular Belief

Poem by Bernadette Geyer of Vienna

We are not even  
as solid  
as a pan flute  
carved from a grain of rice  
passed down  
through generations  
in folk tales and dreams.

Information about submitting your favorite poem for a Virginia anthology: <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>.

lection of the poems to be included." Visit <http://sofiamstarnes.com/NearestPoemAnthologyBrochure.pdf>.

### Mother's Day Photos

Mother's Day is May 12 and every year at this time we call for submissions to our Mother's Day photo gallery. Send photos of you and your mother, grandmothers, great-grandmothers. Please name everyone in the photo, describe what is happening in the photo and include your name, address, email address and phone number. Send photos to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

You can also submit poetry, poetry about mothers and photos celebrating mothers directly through our website at <http://www.connectionnewspapers.com/contact/letter/>.

### LETTERS

### Discussing Internet On Capitol Hill

To the Editor:

The Internet is an engine for significant economic growth and innovation in the United States and around the world, revolutionizing how we communicate with one another and how goods and services are purchased. However, as the Internet becomes a central part of our lives, attempts to regulate it oftentimes have been ill conceived and harmful.

That's why it's crucial for our elected officials to understand how the Internet works and the importance of the free and open Internet.

Last month, the Internet Infrastructure Coalition (i2Coalition) spent time on Capitol Hill discussing with lawmakers, including Rep. Gerry Connolly, the Internet and important cyber issues facing the 113th Congress.

We would like to thank Rep. Connolly for taking the time to meet with us to deepen his understanding of the Internet. It's clear that he is committed to preserving Internet freedom and enhancing the innovation economy. We look

### COMMENTARY

will work to ensure that agencies at all levels of government monitor the situation closely and be willing to make necessary adjustments to improve it.

We have the advantage of being next door to Arlington County, which is often cited as one of the most successful in the country in the application of transit-oriented development (TOD). Arlington's experience is that the arrival of Metro brought with it a boom in economic development and new jobs. It also

brought with it an increasing population of young professionals who sought an urban environment in which to live. The Rosslyn-Ballston Corridor is the response to these changes. Go a block from the corridor and you are back in the single-family neighborhoods of earlier Arlington. At the same time that Arlington's population and employment jumped 40 percent over the past three decades, a recent report found that traffic on major arteries like Wilson and Arlington Boulevards has increased at a much lower rate or even declined. In 2012, Arlington County Commuter Service was able to shift 45,000 car trips each workday from a solo-driven car to some other form of transportation.

Building on the example of places like Arlington and Portland, Ore., and with the cooperation of the very savvy people of Reston, I believe that we will be able to take maximum advantage of the new transportation option we will have with the Silver Line and will be able to improve access and enhance the quality of life in our community.



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

**C**onstruction on the Silver Line, the extension of Metrorail in the Dulles corridor, will be completed for its first phase to Wiehle Avenue by August 2013. After extensive testing by its operator, the Washington Metropolitan Area Transit Authority (WMATA), the line will start carrying passengers by December 2013. Reston riders will be able to go to Tysons, Arlington, downtown, or as far as Largo, Md.—without getting out of their seats. As exciting as the prospects are for mass transit into and out of our community, there is an understandable level of apprehension and concern about access to the rail line and its impact on the community.

There is no question that the impact on the community will be significant. Property values will increase. The demand for housing near the stations will increase. Unfortunately there is likely to be a negative impact on the flow of traffic in the areas of the stations in the short run. I have been satisfied that the responsible agencies are hard at work to redirect bus routes, widen streets and develop plans that will ensure safe and timely access to Wiehle Station for drivers, bus riders, bikers and pedestrians. Recent community meetings have provided information to citizens on the work being done and very importantly gave commuters the opportunity to suggest to staff ways that plans can be improved. There will definitely be a settling-in period until this incredible project is integrated into the community. I

## Reston CONNECTION

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

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

**NEWS DEPARTMENT:**  
To discuss ideas and concerns,  
Call: 703-778-9410  
e-mail:  
[reston@connectionnewspapers.com](mailto:reston@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Chelsea Bryan**  
Editorial Assistant  
703-778-9410 ext.427  
[cbryan@connectionnewspapers.com](mailto:cbryan@connectionnewspapers.com)

**Alex McVeigh**  
Community Reporter ♦ 703-778-9441  
[amcveigh@connectionnewspapers.com](mailto:amcveigh@connectionnewspapers.com)  
[@AMcVeighConnect](https://twitter.com/AMcVeighConnect)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[rosspinning@yahoo.com](mailto:rosspinning@yahoo.com)

**ADVERTISING:**  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)

**Trisha Hamilton**  
Display Advertising  
703-778-9419  
[trisha@connectionnewspapers.com](mailto:trisha@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren

**Managing Editor**  
Kemal Kurspahic

**Photography:**

Deb Cobb, Louise Krafft,  
Craig Sterbutzel

**Art/Design:**

Laurence Foong, John Heinly

**Production Manager:**

Jean Card  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Linda Pecquex  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)

SEE LETTERS, PAGE 7

# LETTERS

FROM PAGE 6

forward to continuing to work with Rep. Connolly, and all other members of Congress, to create balanced policies that ensure the Internet's continued development.

**Christian Dawson**

Co-founder and board chair  
Internet Infrastructure Coalition  
(i2Coalition)  
WWW.I2COALITION.COM

## Rescue Reston Meets With Chairman Bulova And Staff

To the Editor:

"I fully support your position." Those were the words of Board of Supervisors Chairman Sharon Bulova as three directors of Rescue Reston concluded a meeting with her on Wednesday, March 27. Present were her chief of staff, Clayton Medford; Leslie Johnson, Fairfax County zoning administrator, and Cathy Belgin, sr. assistant to the zoning administrator. RN Golf Management LLC (of which Northwest Mutual Life Insurance Company is the majority owner) is appealing to the Board of Zoning Appeals (BZA) determination that RN Golf Management does not have the right to redevelop the Reston National Golf Course (RNGC) with residential housing units without an amendment to the Fairfax County Comprehensive Plan.

Rescue Reston (RR) President David Stroh and VP of Legal Affairs David Burns briefed Chairman Bulova on how RR came to be formed, for the singular purpose of opposing development of the golf course property, that RR has retained legal counsel to vigorously oppose RN Golf Management's position in the BZA appeal process, and that the Reston Association (RA) and Reston Citizens Association also

oppose development of the golf course. RA also has retained counsel to present its position before the BZA.

Belgin explained how thoroughly the zoning administrator's office had researched its position that the 166-acre golf course is designated as permanent open space. She reported that this had been in planning documents dating back to the period when Reston was founded, and was reaffirmed in subsequent rezonings. Johnson confirmed that the zoning administrator's position is very firm. Chairman Bulova asserted her belief that the county attorney's office would surely support the zoning administrator should there be a further appeal after the BZA hearing.

We also discussed how Reston is a unique and award-winning community, nationally recognized for its commitment to intelligent urban design and maintenance of open space. Stroh pointed out that development of the golf course would threaten this reputation and adversely impact the perception of Fairfax County as a leader in "smart growth" policies. We mentioned the impact that the loss of the golf course would have on the environment, including loss of wildlife habitat and important "old field" habitat, which is endangered in Fairfax County, and the effects on storm water runoff.

I presented the status of our petition efforts. As of March 27, Rescue Reston had almost 3,000 signatures: 748 on paper petitions, and 2,215 on the online petition. Seven hundred and seventy-two of those who signed online also wrote comments. Chairman Bulova was impressed that so many had taken the time to write a comment. I had randomly selected 11 comments to share at this meeting, and they represented a range of concerns including open space being a criterion of Reston's founding, possible overcrowding of schools, Reston Interfaith using the RA path through the course for its annual Walk for

the Homeless and the impact that the loss of this concentrated space of peace and beauty would have on the community. I also mentioned that the design proposal for the new Reston Heights includes a design that "engages with the landscape," particularly in its site across from open space at Reston National Golf Course.

In summary, the zoning administrator is concerned primarily with issues of process. They do not take a position as to whether development would be good or bad, but simply rule on the zoning as it currently stands, and their position is that no portion of RNGC can be developed for any use other than open space. Chairman Bulova appreciates the jewel in the county that Reston is, and heard us when we said there is no compelling reason to allow a change in the zoning that would threaten this open space.

Rescue Reston is made up of a small group of volunteers with input and help from many. We are for smart growth and smart development while retaining the founding principles that Reston is based on. We regret that we do not have the bandwidth to take specific formal positions on any projects outside of the Reston National Golf Course.

We have just eight weeks until the May 22 Board of Zoning Appeals hearing. Mark it on your calendar and join us to make a real impact on the independent members of the BZA. Help get more signatures on the petition ([bit.ly/RescueReston](http://bit.ly/RescueReston)). Purchase your tickets at [rescuoreston.org/events](http://rescuoreston.org/events) for our "Spring Into Action" event on Sunday, May 5, at Hidden Creek Country Club. Feast on BBQ, bid on auction items and enjoy the music of the Bank Street Band as we raise money to save Reston's open space and preserve the Master Plan.

**Connie Hartke**

Rescue Reston vice president,  
communications

**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  
Hours: Mon-Fri: 9:00 am-5:30 pm • Sat: 9:00 am-4:30 pm



**Free Remodeling & Design Seminars!** Celebrating 25th Anniversary

**Sat., April 6th — 10am-2pm**  
**Where:** 6862 Elm Street, Suite 330, McLean, VA 22101

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

**Saturday's Seminars:**

- Kitchen and Bath Trends
- Paint Colors Made Easy
- Apples to Apples - Thinking your project through? How do you compare?

Seminars run from 10am-Noon.  
Lunch to follow.  
Please arrive at 9:45am for check-in.

**Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!**

Special Thanks to Our Sponsor:

**DECOR & YOU**  
LOVE THE SPACE YOU'RE IN

Sandra Hambley | 703-599-0648  
[DecorAndYouDC.com](http://DecorAndYouDC.com)

**SUN DESIGN**  
design/build | additions | kitchens | baths | basements | outdoor spaces  
703-425-5588 [SunDesignInc.com](http://SunDesignInc.com) [info@SunDesignInc.com](mailto:info@SunDesignInc.com)

**Air Treatment Company**  
Cooling & Heating  
*Come home to comfort*

Air Conditioners • Heat Pumps • Furnaces  
Boilers • Water Heaters • Humidifiers  
Generators • Maintenance Agreements

**We Finance Too!**

**703-938-0550**

**Carrier** turn to the experts **NATE**

[www.air-treatment.com](http://www.air-treatment.com)

Find us on Facebook Follow us on twitter Angies list BBB

<b>\$50 Off</b> Any Service*	<b>\$59</b> Seasonal Maintenance Inspection* <small>(Regular \$119. Per system.)</small>
<b>\$500 Off</b> of a Complete System Installation*	<b>\$100 Off</b> of a Water Heater Installation*

\*Not to be combined with any other offer. New customer only. Expires 12/31/13

# Examining Reston's Natural History

Historic trust hosts program on Reston's stewardship of natural resources.

By ALEX McVEIGH  
THE CONNECTION

When Robert Simon first saw the land that would eventually become Reston, he was struck by its beauty.

"What persuaded me to buy this piece of earth," he wrote in the introduction to the book "The Nature of Reston," "was the serenity of the gently undulating land, half in the woods, half in open fields, traversed by clear running streams. On it was a 30-acre lake, deer, foxes and solitude."

The natural history of Reston was the topic of the latest presentation by the Reston Historic Trust Thursday, March 28.

Natural space became one of the tenets of the community Simon founded, and he succeeded. Today Reston features more than 1,300 acres of open space, including 800 acres of woodlands, four lakes, four wetlands, three ponds, 50 meadows, 20 miles of stream and 55 miles of pathways.

"We have over 430 separate parcels. Some of these parcels are only 20 feet wide, which makes it difficult to have a natural area," said Claudia Thompson-Deahl, Reston Association's environmental resource manager. "We try to keep our wooded areas in as natural of a state as possible because living in Reston is like living in a park. The concept was: we want the woods to come up to the houses, rather than the lawns out into the woods. We wanted to bring nature to the people."

Part of the plan also included a nature center in Reston, with land, interpretative buildings and educational programming. Today, that center is the Walker Nature Education Center, located on Glade Drive.

**THE CENTER** is named after Vernon Walker, one of the earliest advocates for nature in



The Sunrise Valley Wetlands are an example of the preserved natural space in Reston, which was the topic of the Reston Historic Trust's program, Thursday, March 28.

PHOTOS BY ALEX McVEIGH/THE CONNECTION



The Walker Nature Education Center, named after Vernon J. Walker, was created to help realize founder Robert Simon's dream of educational natural space.

Reston. He was hired in 1967 as Reston's first nature center director. Walker, who was working as a science teacher in New Jersey at the time, was heavily involved with outdoor education.

"His experience working at camps and other nature education was the importance of the outdoors themselves," said Glenn Walker, Vernon Walker's son. "He wanted to get people outside to experience adventure and explore nature, and get them away from what they were used to in the city and classrooms."

Walker became known as a "pied piper" of Reston, who would lead people on nature walks through the community.

director of the Walker Nature Education Center. "People wanted to know him, go on his walks, hear what he had to say. On a national level, he was getting written about in magazines."

Nancy Herwig, former environmental education manager in Reston, remembered Vernon Walker as someone who shaped her views on education.

"Vern got into my head a different kind of environmental education [than] I was taught in school. I was taught more about trees and getting people enthusiastic, but here in Reston the whole idea of stewardship was added by Vern," she said. "Instead of talking about trees, we planted them."

**WALKER** passed away in 1982. The original nature center was dedicated to him in 1982, and broke ground in 1987. It was a small, seasonal building, and the property included seven parking spaces, a bus turnaround, two restrooms and a room that served as an office and was used for storage.

In 2001 the Friends of Reston launched a capital campaign to build the center that currently bears his name. It raised more than \$1.5 million dollars, and the current center was opened in 2009.

Herwig said she became interested in nature after taking a field trip in the woods across from Lake Anne Elementary School. She said while she has always loved the natural spaces in Reston, watching the community grow over the years has been bittersweet.

"I grew up in Reston, and it was a love-hate relationship, because the map used to be small, and a lot of trees had to come down to grow Reston," she said. "It was hard for me to see it grow. The first place I rolled over a log became Fairway Apartments."

The Reston Historic Trust's next program will be Thursday, May 23, at 7 p.m. at the Reston Community Center Lake Anne. The topic will be the early modernist architecture of Reston, including Lake Anne, Hickory Cluster and Waterview Cluster.

**"We try to keep our wooded areas in as natural of a state as possible because living in Reston is like living in a park."**

— Claudia Thompson-Deahl, Reston Association's environmental resource manager

"It was under his direction that the very important education program developed, and it really turned heads," said Katie Shaw,

## 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/APRIL 4

**National Symphony Orchestra Rehearsal.** 8 a.m.-2 p.m. at Hunters Woods Shopping Center, Thoreau Place, Lake Anne Plaza, Reston. Attend an open rehearsal of the National Symphony Orchestra at the Kennedy Center Concert Hall. Reston Association: \$27; non-members: \$30. 55 years or older. 703-435-6577 or [Ashleigh@reston.org](mailto:Ashleigh@reston.org).

**Write your Memories into Memoirs.** 10 a.m.-12:30 p.m., at the Reston Association, 12001 Sunrise Valley Drive, Reston. An eight-week class focusing on turning life experiences into an engaging story. Reston Association: \$32; non-members: \$42. 55 years or older. 703-435-6577 or [Ashleigh@reston.org](mailto:Ashleigh@reston.org).

**Ali Mushtaq.** 2:15-3:30 p.m., at Center Stage, Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Ali Mushtaq, winner of the 2011 Washington International Piano Artists competition, a forum for all levels of non-professional pianists, plays a concert; the third in a series of seven free Thursday afternoon "Meet the Artists" concerts. 703-503-3384 or [www.olligmu.edu](http://www.olligmu.edu).

**The Seafarer.** 8 p.m., at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Sharky has returned to Dublin to look after his irascible, aging brother who's recently gone blind. Old drinking buddies Ivan and Nicky are holed up at the house too, hoping to play some cards. But with the arrival of a stranger from the distant past, the stakes are raised higher. \$20. [www.EldenStreetPlayers.org](http://www.EldenStreetPlayers.org) or 703-481-5930.

### FRIDAY/APRIL 5

**The Seafarer.** 8 p.m., at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Sharky has returned to Dublin to look after his irascible, aging brother who's recently gone blind. Old drinking buddies Ivan and Nicky are holed up at the house too, hoping to play some cards. But with the arrival of a stranger from the distant past, the stakes are raised ever higher. \$20. [www.EldenStreetPlayers.org](http://www.EldenStreetPlayers.org) or 703-481-5930.

### SATURDAY/APRIL 6

**Prom Dress Giveaway Boutique.** Noon-6 p.m., at Reston Community Center Lake Anne, 1609 A Washington Plaza, Reston. Teens ages 14 to 18 can shop for a complete prom look at the Jo Ann Rose Gallery boutique event, with new and gently used dresses, with top designers pieces in the mix. Accessories, shoes, jewelry, handbags and make-up lessons will be up for grabs as well; enter raffle for restaurant gift cards, flowers and limo service. [www.restoncommunitycenter.com](http://www.restoncommunitycenter.com).

**Dance the Blues Away.** 8 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Rhythm & blues, motion, swing and music-to-remember puts ladies and gentlemen in the mood to dance; dance demonstrations precede, light refreshments and wine and beer included with admission. \$10. [www.artspaceherndon.org](http://www.artspaceherndon.org).

**The Seafarer.** 8 p.m., at the Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. Sharky has returned to Dublin to look after his irascible, aging brother who's recently gone blind. Old drinking buddies Ivan and Nicky are holed up at the house too, hoping to play some cards. But with the arrival of a stranger from the distant past, the stakes are raised ever higher. \$20. [www.EldenStreetPlayers.org](http://www.EldenStreetPlayers.org) or 703-481-5930.

### THURSDAY/APRIL 11

**Brian Quenton Thorne and Francis Conlon.** 2:15-3:30 p.m., at Center



Bill Emerson & Sweet Dixie

## Banjo Master's New Band Sweet Dixie Plays at Holy Cross

The world renowned banjo master, founding member of The Country Gentlemen and of the Navy's Country Current band during his 20 years in uniform, just picked up a new band, Sweet Dixie. Playing traditional bluegrass heavy on the harmony, with wood and strings, they will take the stage on Saturday, April 20, at 7:30 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15; children 12-and-under are admitted free of charge. 703-435-8377 or [kd4fue2@verizon.net](mailto:kd4fue2@verizon.net).

Stage, Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. The tenor and pianist collaborate on works of well-known composers and lyricists; the fourth in a series of seven free Thursday afternoon "Meet the Artists" concerts. 703-503-3384 or [www.olligmu.edu](http://www.olligmu.edu).

### FRIDAY/APRIL 12

**Empty Bowls Fundraiser.** 5:30-8 p.m., at Floris United Methodist Church, 13600 Frying Pan Road, Herndon. A dinner of soup, bread, beverage and

dessert and a bowl handcrafted by a local potter; proceeds go to hunger relief in Northern Virginia. \$20 donation minimum. 703-665-9334 or [emptybowls@givingcircleofhope.org](mailto:emptybowls@givingcircleofhope.org).

### SATURDAY/APRIL 13

**Vinifera's World Tour.** 6-10 p.m., at Vinifera Wine Bar & Bistro, 11750 Sunrise Valley Drive, Reston. Sample paella cooked in a 3-foot wide paella pan, Portuguese favorite caldo verde and more. \$50-\$75. <http://www.viniferabistro.com>.

SAVE THE DATE FOR



*Rummage at the Ritz-Carlton*

**BENEFITING:**



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

**Sunday, April 7 12-4 pm**  
The Ritz-Carlton Tysons Corner

**Black tie items at rummage sale prices for a great cause!**

For more information on the event, item donations and pre-registration, visit: [www.fairfaxbgcgw.org](http://www.fairfaxbgcgw.org)

2013 ANNUAL MEMBERS' MEETING

On the Verge of Tomorrow



**Tuesday, April 9 · 7 p.m.**

**Reston Association's Conference Center**

12001 Sunrise Valley Drive  
Reston, VA 20191

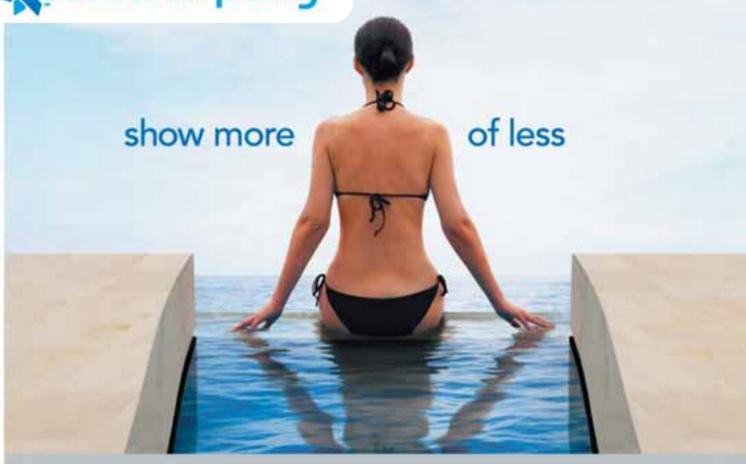
Please RSVP to:  
[annualmeeting@reston.org](mailto:annualmeeting@reston.org)  
or call: 703-435-6530

Honoring and recognizing members of the community. Hear reports on the state of the association. Learn the results of the 2013 Board of Directors' election.

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

coolsculpting

show more of less



Settle the score with stubborn lumps and bumps like muffin tops. Show off the body you've always dreamed of.

We are proud to announce that we now offer CoolSculpting®, the revolutionary new body contouring treatment that freezes fat. Patients are seeing undeniable and lasting results in as little as one treatment. There are no needles, no special diet, no supplements and no surgery. It's FDA-cleared, safe and proven effective.

Only your body should get more buzz.



The results are undeniable.



**Reston Facial Plastics**  
Suzanne Kim Doud Galli, MD PhD FACS  
Call us today at 703-787-0199 to schedule your consultation.

CoolSculpting® and the CoolSculpting® logo are registered trademarks of ZELTIQ Aesthetics, Inc. The "coolsculpt" mark is a trademark of ZELTIQ Aesthetics, Inc. Copyright © 2012, ZELTIQ Aesthetics, Inc. Results vary. Consult your physician. IC0554-B

# WELLBEING

## Local Researchers Address 'Concussion Culture'

Education and proper health care are keys.

BY MARILYN CAMPBELL  
THE CONNECTION

With the impending warmer weather comes an increased number of children participating in outdoor activities. Some local health care professionals and researchers are issuing words of caution.

"More children will be outside playing with friends, riding bicycles and engaging in contact sports. These activities and others where impact is a possibility place children at risk for a concussion," said Dr. Faith Claman, who holds a doctor of nursing practice and is an assistant professor in the Malek School of Health Professions at Marymount University in Arlington.

Local educators say it is important to know the facts. "A concussion is a brain injury, which often occurs as a result of a fall or blow to the head or body, said Dr. Dalila Birem, associate medical director of Molina Healthcare of Virginia and Fairfax Community Health Care Network. "Normally, the brain is cushioned by fluid, but when jolted violently, the brain crashes into the skull, resulting in damage to the soft tissue."

Birem says that while some people may lose consciousness, more common symptoms of a concussion include headache, blurred vision, fatigue or irritability.

"Others may experience no symptoms at all [and] with rest, most people fully recover from a concussion," said Birem. "However, severe concussions or re-



PHOTO COURTESY OF CREATIVE SERVICES/GEORGE MASON UNIVERSITY

**Researchers in George Mason University's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer concussion education.**

peated incidents may lead to more serious consequences, such as problems with speech, mobility or learning."

Researchers at George Mason University in Fairfax are taking action. "Concussions are running rampant across the country right now and it seems that no one, from middle school student athletes to professional players, are exempt," said university spokeswoman Catherine J. Probst. "As a result, some states are enacting new laws to change this concussion culture. Virginia's General Assembly [passed legislation] that requires student athletes and their parents to receive annual concussion education. ... The law also states that schools form concussion management teams to provide and document concussion education for students, staff, coaches and parents."

Implementing the legislation presents challenges, however. "Many Virginia public schools lack the necessary resources to properly deliver concussion education," she continued.

To address the dearth of resources, researchers in Mason's College of Education and Human Development (CEHD) joined the Advancing Healthcare Initiatives for Underserved Students (ACHIEVES) project to offer effective medical care and concussion education.

"The project has already reached more than 80,000 student athletes, staff, coaches and parents to deliver more effective medical care and concussion education," Probst said.

ACHIEVES offers services that run the gamut from implementing an electronic medical record-keeping program to offering both

**"Concussions are running rampant across the country right now and it seems that no one, from middle school student athletes to professional players, are exempt.**

— Catherine J. Probst

online and face-to-face sessions. Probst says university researchers hope the ACHIEVES project will serve as a model for other school systems at the local, regional and national levels as more states enact concussion laws.

### BULLETIN BOARD

#### SATURDAY/APRIL 20

**Overcoming Anxiety and Depression.** 10-11:30 a.m., at Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Practical advice from Buddhist teachings to help reduce the anxiety and depression that can come from living in a fast-paced, high pressure world. \$12. 202-986-2257 or [www.meditation-dc.org](http://www.meditation-dc.org).

#### ONGOING

**Arabic-speaking Older Adult Social Visits.** Fairfax County needs volunteers who speak Arabic to provide social visits to an elderly person in Reston for four hours per month. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**The Herndon Senior Center** at 873 Grace St., Herndon. Volunteer musician needed to play soothing music for participants; piano available. 703-324-5406, TTY 703-449-1186, [VolunteerSolutions@fairfaxcounty.gov](mailto:VolunteerSolutions@fairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderadultservices](http://www.fairfaxcounty.gov/dfs/olderadultservices).

**Long-Term Care Volunteer Ombudsman Program Needs Volunteers.** Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov).

**Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers.** Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, act as a companion while shopping at grocery store and pharmacy, make friendly calls to homebound individuals, be handy helpers for minor home repairs and help with yard work and chores are needed. 703-506-2199.

# YOGA!

**FREE FIRST CLASS  
FOR NEW STUDENTS  
SESSION BEGINS APRIL 1ST**



**THE HEALTH ADVANTAGE YOGA CENTER, Inc.**  
*Yoga and Personal Development*

## We Offer Adult, Teens, Kids, Prenatal & Gentle Yoga Classes



*Director,  
Susan Van Nuys  
in Half Moon Pose*

1041 STERLING ROAD, SUITE 202  
HERNDON, VA 20170

VISIT OUR WEBSITE OR CALL FOR A BROCHURE  
[WWW.HEALTHADVANTAGEYOGA.COM](http://WWW.HEALTHADVANTAGEYOGA.COM)

CALL: 703-435-1571  
FAX: 703-435-1572

## WEEK IN RESTON

### Prom Dress Giveaway at Reston Community Center

Reston Community Center invites teens ages 14-18 to shop for a complete prom look at its "prom boutique," located in the Jo Ann Rose Gallery. Choose from hundreds of new and gently used dresses, including top designers. Then complete your look with accessories, shoes, jewelry, handbags and make-up lessons. Participants will be entered in a raffle to win prizes that include restaurant gift cards, flowers, limo service and more. Everything is completely free.

Diva Central Prom Dress Giveaway will be held on Saturday, April 6, from noon to 6 p.m. at the Reston Community Center Lake Anne, 1609-A Washington Plaza, Reston.

Limit one dress per student.

### Reston Couple Celebrates 70 Years

Manny and Ruth Hershkowitz will celebrate 70 years of marriage on Thursday, April 4. Ruth is 91 and Manny turned 96 on Tuesday, April 2, two days before their anniversary. The two recently moved to Ashby Ponds retirement community in Ashburn, Va., and were Reston residents for 30 years prior. Originally from Brooklyn, N.Y., Manny worked in the fur market and Ruth was a schoolteacher. The two moved to Virginia to help take care of their oldest son's children. They have three children, five grandchildren, and four great-grandchildren. Manny holds a Guinness World Record as the oldest ball boy in history; he worked the US Open at Flushing Meadow, N.Y., in September of 1999 at the age of 82.

### 5K Fund Run/Walk To Benefit Reston Nature House

On Saturday, April 20, at 8 a.m. Friends of Reston is hosting the 10th Annual 5K Fun Run/Walk to benefit the Nature House at the Walker Nature Education Center.

This year's race is being dedicated to the memory of Christoph Walker. Chris was the son of Vernon and Elfriede Walker for whom the center is named. Vernon Walker was a naturalist and the first director of open spaces in Reston. Chris loved Reston and called it home for most of his childhood and adult years. He also loved the Nature Center and was an

avid user of its paths and walkways. Additionally, this year's race includes a team of participants running and fundraising in honor of Chris Walker.

Register for the run/walk online at <http://www.active.com/running/reston-va/10th-annual-nature-house-5k-fund-run-2013>, in person at the Walker Nature Center, or at the 7 a.m. check-in the day of the race.

Funds raised will support The Nature House, LEED Gold certified by the US Green Building Council, and will allow further building enhancements, green initiatives and educational displays and exhibits.

### Cuts for Cause at Le Shoppe

On Sunday, April 14, 10 a.m.-4 p.m. Le Shoppe Salon, 11934 Democracy Drive, Reston—at Reston Town Center—will donate 100 percent of proceeds from specified salon services to two charities—Gary Sinise Foundation, helping wounded soldiers, and Children's Miracle Network, saving lives, one child at a time. Women's haircuts, \$40; Men's haircuts, \$30; Blow-dry, \$40; Manicures, \$15; Polish change, \$8; Facial waxing, \$15. 703-435-5555; [www.leshoppesalons.com](http://www.leshoppesalons.com).

### School to Celebrate 10th Anniversary

Children's House Montessori School in Reston will celebrate its 10th anniversary with a reunion for current and alumni families on Friday, April 12. The event will be at the school from 5 to 8 p.m. Families past and present will be able to share a picnic together, enjoy a celebratory cake, and play on the natural playscape playground.

Children's House Montessori School was started in 2003 by Keturah Collins, owner and director, and Karen Disney, assistant director, with one classroom and 10 children. It quickly grew to two classrooms and has stayed a small, family-oriented school throughout the last 10 years. Today there are nearly 40 students, over 90 alumni families, and seven staff members.

The school's program is based on the philosophy of Maria Montessori who believed that that purpose of formal education was to "learn how to learn." Here children are allowed to make choices for their own learning, develop independence through their work in the classrooms, and learn respect for others and all living things.

#### FAITH NOTES

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

**Trinity Presbyterian Church**, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior, from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**Vajrayogini Buddhist Center**, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds monthly classes for the general public which use Buddhist teachings to practice meditation. [www.meditation-dc.org](http://www.meditation-dc.org) or 202-986-2257.

**Trinity Presbyterian Church**, 651 Dranesville Road in Herndon, has Sunday Worship Service at 8:30 a.m. and 11 a.m. Nursery and childcare

are available during worship services. Youth and Adult Sunday School is held Sundays from 9:40-10:45 a.m. 703-437-5500 or [www.trinityherndon.org](http://www.trinityherndon.org).

**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.

**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 Jewish Federation of Greater Washington** and the Jewish Outreach Institute offer the Mothers/Parents Circle, an umbrella of free educational events and resources. Jewish rituals, ethics and the creation of a Jewish home, regular meetings and group Shabbats and holidays. Participants include Sha'are Shalom, Congregation Beth Emeth, Temple Rodef Shalom and the Jewish Community Center of Northern Virginia. [ShalomDC.org](http://ShalomDC.org).

*Gorgeous Spring Color at*  
**Merrifield GARDEN CENTER**

*An excellent selection including*  
**Flowering Cherries**  
Forsythia • Magnolia • Redbud  
*Plus Pansies and a wide array of flowering Annuals and Perennials!*

**FRUIT TREES**  
Apple, Persimmon, Peach, Pear & More  
*Plus Fantastic Edibles including*  
Strawberries, Potatoes, Onions, Rhubarb, Asparagus, Herbs & Vegetables

**FREE SEMINARS!**  
SATURDAY, APRIL 6 AT 10 AM  
Fair Oaks: *Container Gardening*  
Gainesville: *Fragrant Gardens*  
SUNDAY, APRIL 7 AT 10 AM & 1 PM  
Gainesville: *Using Edibles in Containers*

Visit our stores to enter our Free Drawings for a chance to win tickets to see Washington Capitals, Wizards and Nationals games as well as concerts and other special events.

[merrifieldgardencenter.com](http://merrifieldgardencenter.com)

MERRIFIELD 703-560-6222	FAIR OAKS 703-968-9600	GAINESVILLE 703-368-1919
----------------------------	---------------------------	-----------------------------

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



## 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: preschool - grade 2  
Music: grades 3 - 7  
**10:25 a.m.** Sunday School Grades 3 to 12  
Music 4 years to 2nd grade  
**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 a.m. service

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

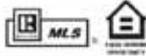


To Highlight your  
Faith Community,  
Call Karen at 703-917-6468

## Setting New Standards In Real Estate



PETER KNAPP



PETER KNAPP REALTY GROUP, LLC

703-622-0663

peterknapp@remax.net

www.petesellsnovahomes.com

RE/MAX Gateway

### 15307 Bankfield Dr, Waterford, Virginia

Waterford Ridge—7 miles NW of Leesburg  
Offered at \$875,000~ [www.15307BankfieldDr.com](http://www.15307BankfieldDr.com)



An amazing Toll Brothers Coventry model: 4 bedrooms, 5.5 baths, 3 car garage, 4 ft bump-out, study, Chef's kitchen (with all the extras), grand conservatory, sunken family room, wide plank HW floors, expanded MBR & MBA options, and finished walk-up lower level with full bath situated on over 3 acres with views of the Blue Ridge Mountains.

### 25765 Howerton Dr, Chantilly, Virginia

South Riding—just off Loudoun County Parkway  
Offered at \$699,950 ~ [www.25765HowertonDr.com](http://www.25765HowertonDr.com)



Spectacular Toll Brothers Harvard model: 4 bedrooms, 4.5 baths, 2.5 car garage, solarium bump-out, study, grand family room, gourmet kitchen, and fully finished lower level: den with en suite full bath, wet bar, exercise/media room. Premium lot backs to open conservancy and trees.

### 10496 Dunn Meadow Rd, Vienna, Virginia

Woodland Estates—ideally located between Reston, Great Falls, & Tysons Corner (A commuter's dream)  
Offered at \$1,199,950 ~ [www.10496DunnMeadowRd.com](http://www.10496DunnMeadowRd.com)



A stunning home with 4 bedrooms, 4.5 baths, 3 car garage, rear and side solarium bonus rooms, study, grand family room, fully finished walk-up lower level, and nearly 7500 sq ft of living space is situated on 0.91 acres.

#### The Peter Knapp Realty Group, LLC

Local Knowledge & Experience in the area.

Personalized Service & Responsiveness to clients.

Professionalism & Business Acumen to completely satisfy clients.

Up-to-Date Technology to help clients buy and sell a home.

Full Time Realtors focused on residential real estate.

Experienced with Foreclosure and Short Sale Transactions.

**LOW INVENTORY MEANS NOW IS THE TIME TO LIST!**

## SPORTS



Pictured are (top row, from left) Fernando Boccanera, Hugh Toland and Miles the mascot. Front row, from left, are Ecris William, team coordinator; Rick Nealis, MCM director; and Ray Pugsley, Potomac River Running Reston store owner.

# Fastest Team Time

## Potomac River Running snags third Marine Corps Marathon Fastest-team Plaque.

PHOTOS CONTRIBUTED

Potomac River Running Store of Reston received a championship plaque for a third consecutive year from the Marine Corps Marathon (MCM) Race Director Rick Nealis on Thursday, March 21.

This annual award is presented to the DC area running store with the fastest combined team time during the October running of the MCM. Team scores are calculated by combining the individual chip times of the top three finishers, including at least one male and one female.

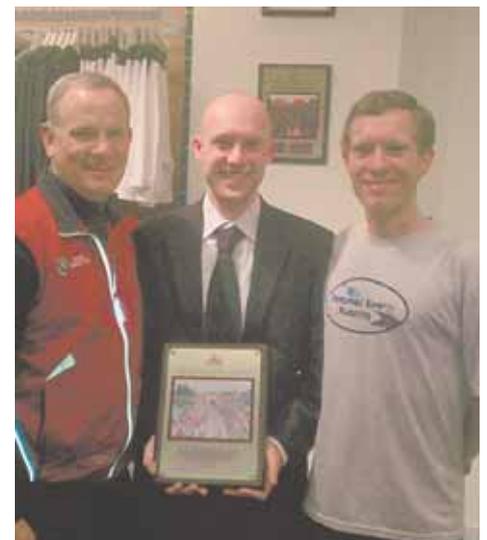
Potomac River Running of Reston finished with a combined time of 8:24:37, garnering a definitive win for the team. Pacers Running Store Team 1 came in second with a time of 10:03:27 and the team from Potomac River Running of Leesburg, Va., finished in third place with a time of 10:07:58.

Runners contributing to Potomac River Running Store of Reston's success were Hugh Toland (2:39:50), who also placed 21st overall in the men's field; Perry Shoemaker (2:52:22) who placed fourth in the MCM women's field; and Aaron Church (2:52:25) who ranked 65th among male finishers.

Toland was amazed by such a decisive victory. "Wow, I didn't realize the gap was that large. We had a great team this year. Perry was the key to our win. She had an incredible day."

Selection for the team began in June, according to team coordinator Ecris Williams. "I sent out a mass email and put out the qualifications on Facebook," she said. "There were 89 people on the list. From that, we were able to create a few teams this year."

"The MCM has a mission statement that includes promoting community goodwill, and that's just what we're doing here to-



Pictured are (from left) Rick Nealis, Marine Corps Marathon (MCM) director, Hugh Toland and Ray Pugsley, Potomac River Running Reston store owner. The store received the fastest combined team time award from MCM.

night," said Nealis. "These running stores embody the core of our sport and continue to provide support to runners of all experience levels."

For media information about the Running Store Team Competition, contact Sandra Osborn-Peters, MCM communications coordinator at 703-784-2357 or [sandra.osbornpeters@usmc.mil](mailto:sandra.osbornpeters@usmc.mil).

The 38th Marine Core Marathon is set for Sunday, Oct. 27, of this year in Arlington. It has been voted the "Best Marathon for Families" and the "Best Marathon in the Mid Atlantic," as well as the largest marathon not to offer prize money, earning the name "The People's Marathon." No federal or Marine Corps endorsement is implied.

# Helping Provide Food for Others

The Giving Circle of Hope sponsors Empty Bowls event on April 12.

In an area where the median household income is above \$100,000, how can there be 47,000 students eligible for free and reduced lunches? But this is the case in Fairfax County, where one in six do not have sufficient resources to meet daily expenses. The Giving Circle of HOPE is making a difference by hosting Empty Bowls, an event that raises funds to fight hunger, on Friday, April 12. In its sixth year, it hopes to best the almost \$22,000 raised last year for Food for Others.

Food for Others provides more than 2.4 million pounds of free food to families and individuals in Northern Virginia. According to Roxanne Rice, executive director of Food for Others, located in Fairfax, "The cost of living in this area is enormous and with the tightened economy many of our clients are working but earn too little money to meet basic expenses and unexpected expenses such as health problems."

Cathy Waters, from Reston, chairman of the Empty Bowls event, said she loves the sense of community Empty Bowls provides, "bringing us together to help



Deb Joder, an instructor in the Ceramic Shop of the Reston Community Center, displaying pottery for the fundraiser to benefit Food For Others.

others in our neighborhood who are facing food emergencies. Fighting hunger with free food provides a basic need of those who are struggling to get out of poverty."

The idea for Empty Bowls came from an art teacher in Michigan in 1982 and the idea has spread across the United States and internationally. "Whether you are one of the potters who makes bowls, one of the restaurants or bakeries that makes soup or bread, one of the sponsors who supports the event financially, one of the Girl Scouts who assists at the event, or a member of The Giving Circle of Hope, we are neighbor helping neighbor," Waters said.

This year Empty Bowls will be at the Floris United Methodist Church, 13600 Frying Pan Road in Herndon on Friday, April 12, from 5:30 to 8 p.m. Each individual will pick out a bowl made by a local artist and dine on soup, bread and a dessert that is provided by local restaurants and bakeries. Pre-event tickets are \$20 and can be purchased by mailing a check made out to Food for

Others to The Giving Circle of Hope, P.O. Box 8832, Reston, VA 20195. Tickets at the door will be \$25. All proceeds from the sale of tickets go directly to Food for Others because the bowls and food are donated by generous local artists, merchants and individuals. For additional information email at emptybowls@givingcircleofhope.org or call 703-665-9334.

## SPORTS ROUNDUPS

### Northern Region Baseball Top 10

The Madison Warhawks held onto the top spot in the latest Northern Region baseball top 10 poll.

Robinson moved up to No. 2, followed by Lake Braddock (3), Oakton (4), Chantilly (5), McLean (6), West Springfield (7), West Potomac (8), Herndon (9) and Langley (10).

McLean, West Potomac, Herndon and Langley each made their first appearance in the top 10.

The Concorde District has the most representatives with four. Three Patriot District and three Liberty District teams were voted in. No teams from the National District made the top 10.

T.C. Williams, South County, Westfield, Stone Bridge and Yorktown each received votes.

### Herndon Baseball Starts 4-1

The Herndon baseball team won its first four games of the season before dropping its final contest in Myrtle Beach, S.C.

The Hornets' 4-1 start includes three shutout victories. During Herndon's trip to Myrtle Beach, pitchers Karsten Highberg and Michael Curcio did not allow a run in their respective starts, according to the Herndon High School athletics website. After beating Gonzaga Prep 4-0 and Normal West 2-0, the Hornets suffered a 5-2 loss to Peters Township.

Herndon will travel to face Park View at 6 p.m. on Wednesday, April 3.

### Herndon Softball Wins 5 of 7

The Herndon softball team defeated Thomas Jefferson 8-0 on April 1, improving the Hornets' record to 5-2.

Herndon has outscored opponents 67-11 during its first seven games.

The Hornets will host Edison at 6 p.m. on Wednesday, April 3, and will travel to face Yorktown at 6:30 p.m. on Thursday, April 4.

**10% Off All Hardscaping!**  
Free Estimates for Landscaping and Hardscaping  
Sale ends April 15, 2013

**Pansies are Here**  
**97¢**  
Reg price \$1.89

**50-65% Off Pottery**  
Washington Area's Biggest Selection  
Celebrating our 40th Anniversary

**Bulk Mulch, Playground Chips & Organic Compost**  
**\$29.99/cu. yd.**  
RR Ties \$19.99

**30% OFF Japanese Maples**  
Over 200 Varieties

**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**  
Open 7 days a week  
Visit our new Web site: [www.cravensnursery.com](http://www.cravensnursery.com)

## OPEN HOUSES

### SATURDAY/SUNDAY, APRIL 6 & 7

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 on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

<b>Burke</b>	
9502 Harrowhill Ln.....\$599,900.....Sun 1-4.....Diana Khoury.....Long & Foster..703-401-7549	
7023 Veering Ln.....\$559,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808	
6411 Whippany Way.....\$424,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808	
<b>Centreville</b>	
5092 Village Fountain Pl.....\$410,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812	
<b>Chantilly</b>	
42344 Astors Beachwood.....\$800,000.....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662	
<b>Clifton</b>	
12421 Clifton Hunt Dr.....\$945,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812	
6417 Springhouse Cir.....\$614,500.....Sun 1-4.....Robin Jenks Vanderlip.....Keller Williams..703-969-4966	
<b>Fairfax Station</b>	
7713 Stoney Creek Ct.....\$839,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808	
8728 Foxhall Terr.....\$769,900.....Sun 2-4.....Tracy Jones.....Acquire..703-690-1174	
8303 Knotty Pine Ln.....\$749,000.....Sun 1-4.....Carol Hermandorfer.....Long & Foster..703-503-1812	
<b>Falls Church</b>	
3804 Munson Rd.....\$819,000.....Sun 1-4.....Patrick Kessler.....Keller Williams..703-405-6540	
<b>Great Falls</b>	
974 Millwood Ln.....TBA.....Sun 1-4.....Carol Ellickson.....Weichert..703-862-2135	
<b>Oakton</b>	
2621 Sledding Hill Rd.....\$1,600,000.....Sun 1-4.....Scott Koval.....Samson Props..703-625-3446	
10862 Meadow Pond Ln.....\$849,900.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070	
<b>Reston</b>	
11920 Fieldthorn Ct.....\$334,900.....Sun 1-4.....Cathy Lanni.....Long & Foster..703-615-4237	
11525 Hearthstone Ct.....Call Agent..Sat/Sun 1-4.....Sloan Wiesen.....Weichert..703-869-4825	
<b>Springfield</b>	
9054 Gavelwood Ct.....\$419,900.....Sun 1-4.....Dave Lloyd & Assoc.....Weichert..703-593-3204	
7255 Beverly Park Dr.....\$389,900.....Sun 1-4.....Fatana Barak.....Samson Props..571-218-2507	
<b>Vienna</b>	
9005 Winding Creek Way..\$1,950,000.....Sun 1-3.....Ginger King.....Prudential..703-281-8500	
2220 Aryness Dr.....\$1,688,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070	
9866 Palace Green Way.....\$1,249,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070	
10501 Wickens Rd.....\$1,150,000.....Sun 2-5.....Pat Stack.....Weichert..703-938-6070	

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.

## THIS IS "BEANIE"

Beanie is looking for a home which will love him forever. His previous owner gave him up when he couldn't care for him any longer. Beanie misses him, but being the lover he is, he has adjusted quickly. He bonds fast and loves easily. He's 10 pounds and only 1 year old. He has a black and brown coat with lots of white, which just adds to his cuteness. Come and meet this adorable fella and get ready to fall head over heels in love.

Big surprise in a small package!

**HUMANE SOCIETY OF FAIRFAX COUNTY**  
Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS  
Adoptions: By appointment only. • [www.hsfc.org](http://www.hsfc.org)

# EMPLOYMENT

ZONE I: • RESTON  
• HERNDON • LOUDOUN

# CLASSIFIED

703-917-6400

ZONE I AD DEADLINE:  
MONDAY NOON

## VET ASSISTANT

Small animal hosp. Great Falls.  
Will train. 703-757-7570 •  
[www.ourvets.com](http://www.ourvets.com)

## Administrative Assistant

Small Sterling electrical contracting firm is looking for an experienced part time Administrative Assistant. Must be highly organized, dependable, possess excellent phone skills and be familiar with Microsoft Office. Responsibilities include general administrative duties. Benefits available. Email to [mpreston@midatlanticpower.com](mailto:mpreston@midatlanticpower.com).

## Technical Support Engineer

Req: MS, Electrical Engineering & 24 months exp. in RF Engineering testing & implementation; Provide ActixOne server & ActixCloud engineering support & solutions to North/South America customers. Full-time. Actix, Inc., Reston, VA 20190. Email resume to [HR@actix.com](mailto:HR@actix.com)

## Advertising Sales

Work part-time in and near your home office

Enjoy commissions and flexible hours

Great opportunity for outside sales person to work primarily in and near your home. Use relationship selling to create and expand community print and internet advertising campaigns to local businesses for Connection Newspapers, Northern Virginia's best-read community newspapers and websites.

Keep productivity high and commuting low while working close to home. After a short training period, travel to our Old Town Alexandria headquarters and production facility required only once or twice a week during off-peak traffic hours. Call 703-778-9431 for details.



## 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](mailto:internship@connectionnewspapers.com)



## 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](mailto:theschefer@cox.net)

## 29 Misc. for Sale

Chairs-Tables-Bookcases-Wardrobe Closets for sale! Bob9113@gmail.com 703-690-6969

## 4 RE for Sale

### New to Mkt! 3BR Country Cottage On 3+/- AC - \$134,900

Brand new 1200 sf turn-key country cottage on huge 3+/- acre setting with multiple building sites to choose from! Quiet state rd frontage, utilities, NO HOA fees, low taxes. Close to 22,000 acre wildlife park w/ 200 acre lake & miles of trails. Perfect for vacation/retirement home. Take advantage of the lowest financing in history before rates go up! Call now 1-800-888-1262 EHO

## 4 RE for Sale

## 21 Announcements

## 21 Announcements

## 21 Announcements

## AIRLINE CAREERS BEGIN HERE



Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified – Housing available. Job placement assistance. SCHEV certified. CALL Aviation Institute of Maintenance 888-245-9553

## 21 Announcements

## 21 Announcements

## 21 Announcements

## A Must For All New Grads!

Visit:

[www.jobseekersguide.net](http://www.jobseekersguide.net) for details and excerpts.

Only \$14.95 & \$9.99 for ebook version  
Also available at Amazon and Barnes & Noble



## 21 Announcements

## 21 Announcements

## 21 Announcements

## A new option for people with Macular Degeneration

Find out if the new implantable miniature telescope can help you see better.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong [VirginiaLowVision.com](http://VirginiaLowVision.com)



## 21 Announcements

## 21 Announcements

## 21 Announcements

## SELL IT FAST!

Virginians shop their local newspapers when they are ready to buy... make sure they find you there!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Source: Scarborough Research 2012)



Virginia Press Services will run this business card size display ad across Virginia for one low price! For more details, contact Adriane at 804-521-7585.



## 21 Announcements

## 21 Announcements

## 21 Announcements

## MEDICAL CAREERS BEGIN HERE

Train ONLINE for Allied Health and Medical Management. Job placement assistance. Computer and Financial Aid if qualified. SCHEV authorized.

Call 888-354-9917  
[www.CenturaOnline.com](http://www.CenturaOnline.com)

**Centura**  
COLLEGE

## 21 Announcements

## 21 Announcements

## 21 Announcements

## Outer Banks, NC Vacation Homes!



Over 500 Vacation Homes, from Duck to Kill Devil Hills to Corolla, Outer Banks, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at [www.brindleybeach.com](http://www.brindleybeach.com)  
1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

## 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](mailto: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](mailto: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

# HOME & GARDEN

703-917-6400

ZONE I: • RESTON  
• HERNDON • LOUDOUN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

ZONE I AD DEADLINE:  
MONDAY NOON

## Selfless or Selfish



By KENNETH B. LOURIE

Just in case anybody is paying attention, and my behavior plays some kind of role/ has any effect on my outcome whatsoever, I'd just as soon be one more than the other. However, receiving a terminal cancer diagnosis (stage IV and let me remind you there's no stage V) out of the blue at age 54 and a half, less than three months after burying your widowed mother, tends to upset this delicate balance. If I've heard it once - since my diagnosis - I've heard it multiple times, and from trusted, respected sources: "It's all about you, Ken." And when the oncology nurse sticks that needle in your arm for the first time and then hooks you up to a six-hour I.V. drip containing chemotherapy drugs "cocktailed" to poison you (kill your tumor-carrying white blood cells actually), the decision about whom to care about most, you or someone else, begins to take on a life of its own.

Controlling that other life has become one of my biggest challenges. It's very easy to lose yourself in the midst of a metastatic malignancy when your oncologist gives you "13 months to two years" to live. For all anybody knows, it's your attitude or even your personality that keeps you alive as your treatment ramps up. However, thinking and doing for others is extremely difficult at this time, a time when you can barely get out of bed. Chemotherapy has a way of leveling the playing field: You can't do anything for anybody, least of all for yourself. As you begin to bounce back after your treatment (if there is an interval), you semi-regain your composure in anticipation and preparation for the next infusion. Nevertheless, before too long, the mental demons begin to take hold yet again, attempting to tear down every emotional underpinning you've devised. No one said it was going to be easy. In fact, one of our best friends, Lynne, a recent breast cancer survivor said quite the opposite: "Ken, this is going to be the hardest thing you've done." Of course, she was 100 percent correct.

Over time and over treatment, you begin to assimilate the demands: the infusions, the frequency, the doctors' appointments, the diagnostic scans, the lab work, the side effects, the straight-on effects, the highs, the lows, the hopes, the prayers, the statistics; until it becomes, at least for me it has, sort of mundane and part of a process that takes over your life - for some very unfortunate reasons. You accept it because: it appears there are very few exceptions. Cancer rules and thinking it doesn't is disrespectful almost and incredibly naive.

Giving respect to such a dreaded - but previous to my diagnosis, not a part of my family's history - disease, helped guide me back to becoming more selfless and less selfish; understanding that reclaiming that dignity and integrity in this context anyway, can have a powerful effect on both myself and those around me, which in turn works back to me (the old what goes around comes around-type karma) and ultimately benefits and enhances my life. The longer I've survived with this diagnosis, the more characteristic of the pre-Kenny-with-cancer I've become. That's not to say that I don't occasionally slip and fall - emotionally, but now, getting up is not nearly so difficult. I've been there, and I've done that. Besides, I'm happier being me, and happiness can work miracles.

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

**CLEANING**

**A CLEANING SERVICE**  
Since 1985/Ins & Bonded  
Quality Service at a Fair Price  
Satisfaction Guaranteed-  
Angies List 2011-Super Service Award!  
Comm/Res. MD VA DC  
[acleaningserviceinc.com](http://acleaningserviceinc.com)  
703-892-8648

**IMPROVEMENTS**

**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

**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

**PAINTING**

**PATRIOT PAINTING**  
[www.PatriotPainting.net](http://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

**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

**LANDSCAPING**

**J. REYNOLDS Landscaping LLC**  
703.919.4456  
Free Estimates  
[www.ReynoldsLandscapingOnline.com](http://www.ReynoldsLandscapingOnline.com)  
Licensed / Insured

**INSTALLATION SPECIALIST** **WET BASEMENT / WET YARD**  
Paver & Flagstone Patios / Walkways Retaining Walls Stacked Field Stone Plants / Trees / Shrubs  
Water Proofing Foundations Standing Yard Water French Drains / Swales Downspout Extensions Dry River Beds  
•No sub-contractors, or day laborers. •15 Years Designing and Installing  
•The Owner is physically on your job site. •On time and Professional.

**LANDSCAPING**

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

**TREE SERVICE**

**ANGEL'S TREE REMOVAL**  
Brush & Yard Debris  
Trimming & Topping  
Gutters & Hauling  
[Angeltreeslandscaping-hauling.com](http://Angeltreeslandscaping-hauling.com)  
703-863-1086  
703-582-3709  
240-603-6182

**GUTTER**

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards  
**PINNACLE SERVICES**  
lic/ins 703-802-0483 free est.  
email [jamie@lawnsandgutters.com](mailto:jamie@lawnsandgutters.com)  
web: [lawnsandgutters.com](http://lawnsandgutters.com)  
Friendly Service with a Friendly Price!

**PINNACLE SERVICES, INC.**

**LAWN SERVICE**  
MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES  
Friendly Service for a Friendly Price  
703-802-0483

**ANGEL'S LAWN SERVICE**  
Junk Removal, Tree Work, Roofing  
703-863-1086  
703-582-3709  
240-603-6182

**ANGEL'S TREE REMOVAL**  
Brush & Yard Debris  
Trimming & Topping  
Gutters & Hauling  
[Angeltreeslandscaping-hauling.com](http://Angeltreeslandscaping-hauling.com)  
703-863-1086  
703-582-3709  
240-603-6182

**HANDYMAN**

**Hand and Hand Handyman**  
General Remodeling  
Residential & Commercial  
Specializing in:  
Kitchen/Bathroom/Basement Remodeling  
Plumbing • Electrical • Custom Carpentry  
Doors Windows • Hardwood Floors  
Crown Molding • House Cleaning  
Interior/Exterior Painting • Brick/Stone Work  
Ceramic Tile • Decks, Fences, Patios  
HOA Maintenance, Granite Counter Tops  
Realtors Work and Much More  
Licensed and Insured Serving Northern Virginia  
703-296-6409

**ANTONIO LAWN & LANDSCAPING**  
Spring Cleanup • Lawn Mowing • Edging  
Mulching • Planting • Patios  
Expert Trimming & Removal • New Beds Made  
Outline/Extend Existing Beds  
Repairs • New Installations • & Much More  
CALL NOW FOR FREE ESTIMATE  
571-201-5561

**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](http://falconroofinginc.com)

**MASONRY**

**MASONRY SPECIALIST, LLC**  
3rd Generation Masonry Company  
Family Owned & Operated Since the 1950s  
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

**TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured  
Spring Cleanup  
Tree removal, topping, & pruning, shrubbery trimming, mulching, leaf removal, sodding, hauling, gutter cleaning, retaining walls, drainage problems, etc.  
20 yrs. of experience - Free estimates  
703-868-5358

**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: [rncontractorsinc@gmail.com](mailto:rncontractorsinc@gmail.com)

**Picture Perfect Home Improvements**  
(703) 590-3187 [www.pyphionline.com](http://www.pyphionline.com)  
Remodeling Bathrooms, Kitchens & Basements  
• FREE Estimates Exterior & Interior Repair,  
• FAST & Reliable Service Painting, Carpentry, Wood Rot,  
• EASY To Schedule Drywall, All Flooring, Decks  
• NO \$\$\$ DOWN!  
Handyman Services "If it can be done, we can do it"  
Available Licensed - Bonded - Insured

**PAVING**

**GOLDY BRICK CONSTRUCTION**  
Walkways, Patios, Driveways, Flagstone, Concrete  
FREE ESTIMATE  
LIC. INS AND BONDED  
703-250-6231

**THE CONNECTION CLASSIFIED**  
NEWSPAPERS  
Classified or Home • Lawn • Garden:  
703-917-6400  
Employment: 703-917-6464  
E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

# Remodeling Special Deals!

OFFER ENDS 4/30/13

0% FINANCING FOR 3 YEARS.



## KITCHEN REMODEL

**BRONZE PACKAGE**  
**\$9,500**

(PRICE BASED ON 10' X 10' KITCHEN)

- CABINETS (4 CHOICES AVAILABLE)
- GRANITE COUNTERTOP (UP TO 35 SQ.FT.)
- 4" GRANITE BACKSPLASH, KITCHEN SINK, FAUCET & PLUMBING
- DEMOLITION, INSTALLATION & APPLIANCE HOOK-UP

ALL PACKAGE DEALS ARE BASED ON EXISTING LOCATION OF ELECTRICAL SUPPLY & PLUMBING.

**SILVER PACKAGE**  
**\$15,750**

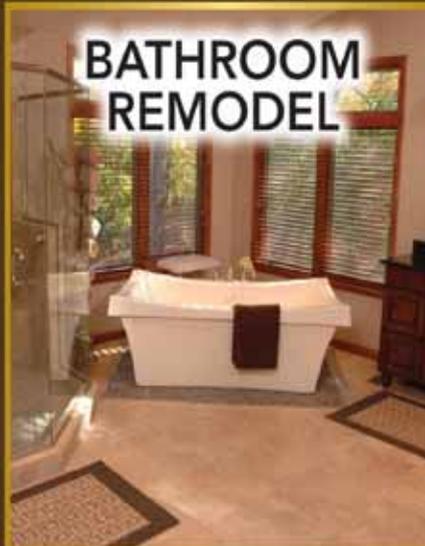
(PRICE BASED ON 10' X 10' KITCHEN)

- CABINETS (12 CHOICES AVAILABLE)
- GRANITE COUNTERTOP (UP TO 45 SQ.FT.)
- FULL HEIGHT GLASS BACKSPLASH AND TILE FLOOR KITCHEN SINK, FAUCET & PLUMBING
- DEMOLITION, INSTALLATION & APPLIANCE HOOK-UP

**GOLD PACKAGE**  
**\$19,900**

(PRICE BASED ON 10' X 12' KITCHEN)

- CABINETS (20 CHOICES AVAILABLE), KNOBS & HANDLES
- GRANITE COUNTERTOP (UP TO 55 SQ.FT.)
- FULL HEIGHT GLASS BACKSPLASH AND TILE FLOOR
- KITCHEN SINK, FAUCET & PLUMBING
- DEMOLITION, INSTALLATION & APPLIANCE HOOK-UP



## BATHROOM REMODEL

**BRONZE PACKAGE**  
**\$7,500**

(PRICE BASED ON 5' X 7' BATHROOM)

- 24" VANITY CABINET, TILE FLOOR AND AROUND TUB (5 CHOICES AVAILABLE)
- VANITY SINK AND PLUMBING
- FRAMED SHOWER ENCLOSURE
- DEMOLITION & INSTALLATION

ALL PACKAGE DEALS ARE BASED ON EXISTING LOCATION OF ELECTRICAL SUPPLY & PLUMBING.

**SILVER PACKAGE**  
**\$9,850**

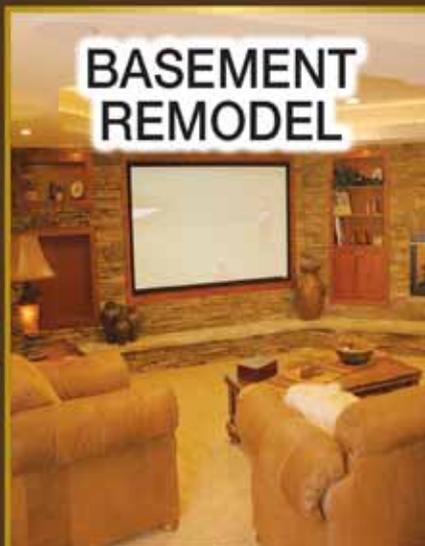
(PRICE BASED ON 5' X 8' BATHROOM)

- 36" VANITY CABINET TILE FLOOR (10 CHOICES AVAILABLE)
- BATH LIGHT AND TOILET
- VANITY SINK, FAUCET AND FIXTURES
- FRAMED GALSS SHOWER ENCLOSURE
- MEDICINE CABINET & PLUMBING
- DEMOLITION & INSTALLATION

**GOLD PACKAGE**  
**\$17,750**

(PRICE BASED ON 8' X 10' BATHROOM)

- 72" VANITY CABINET, TILE FLOOR (15 CHOICES AVAILABLE)
- TILE FOR SHOWER WALLS (UP TO CEILING), TUB SURROUND
- FRAMELESS GLASS SHOWER ENCLOSURE
- 2 BATH AND 4 RECESSED LIGHTS
- TOILET, VANITY SINK, FAUCET, AND FIXTURES
- MEDICINE CABINET & PLUMBING
- DEMOLITION & INSTALLATION



## BASEMENT REMODEL

### BASEMENT REMODEL DOUBLE DEAL

**\$250 OFF\***

EVERY \$3,000 YOU SPEND



**RECEIVE AN FREE 8 FT. BAR CABINET**

\*CANNOT BE COMBINED WITH ANY OTHER OFFER. NOT VALID ON PRIOR PURCHASES, SALE OR CLEARANCE ITEMS. EXPIRES 4/30/13.

Contact Designer, Julie, For Consultation (703) 898-2087 [Julie@AbbeyRemodeling.com](mailto:Julie@AbbeyRemodeling.com)

GREAT SELECTION OF FLOORING • CABINETS • COUNTERTOPS • VANITIES • FAUCETS • FIXTURES • SHOWER ENCLOSURES • SINKS • BATH TUBS • GRANITE

**STERLING**  
21465 PRICE CASCADES PLAZA  
STERLING, VA 20164  
703-450-8181  
(in front of Costco)



**Abbey Design Center**

FLOOR, KITCHEN & BATH

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

**LEESBURG**  
161 FORT EVANS RD.  
LEESBURG, VA 20175  
703-779-8181  
(next to Wolf Furniture)



\*NOT VALID ON PRIOR PURCHASES OR OTHER OFFERS WITH APPROVED CREDIT. SEE STORE FOR DETAILS.