

# 'Express Yourself' at Herndon High

NEWS, PAGE 16

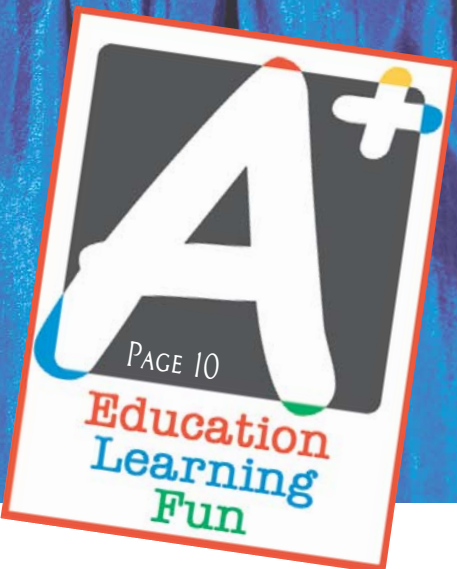
## Risky Behavior By the Numbers

NEWS, PAGE 8

Diana Mahmoud wears a peacock-inspired look designed by Barbara Kirwan during the March 14 Fashion Show at Herndon High School.

## No More Food Waste At Dranesville Elementary

NEWS, PAGE 3



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## NEWS

# Top Virginia Leaders to Discuss Impact of Rail on Economy

Fairfax and Loudoun Counties have entered the 90-day period to decide how they will fund Phase II of the Silver Line Metrorail Project - a decision that will have a major impact on local businesses. The Greater Reston Chamber of Commerce announced that Virginia Secretary of Transportation Sean T. Connaughton will join other notable panelists on March 28, including Chairman Sharon Bulova of the Fairfax County Board of Supervisors, Chairman Scott York of the Loudoun County Board of Supervisors and Jack Potter, President of the Metropolitan Washington Airports Authority to

## More Information

When: March 28  
 11 a.m. - 11:30 a.m. Registration & Networking  
 11:30 a.m. - 1 p.m. Lunch & Program  
 Where: Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston VA 20190  
 Tickets - to register visit <http://www.restonchamber.org/silverlineevent>  
 \$45 for Current Chamber Members; \$60 for Future Chamber Members.

discuss the latest progress and pending funding decisions on the Silver Line Metrorail Project. The event, Silver Line: On Track to Loudoun, is presented by the Greater Reston Chamber of Commerce and sponsored by Dominion and the Reston Hospital Center. The panelists will also explore the results of a recent survey conducted by the

Reston Chamber on the Dulles Corridor business community's perspective on Rail to Dulles/Loudoun.

The full panel will include:

Sean T. Connaughton, Virginia Secretary of Transportation;

Sharon Bulova, Chairman, Fairfax County Board of Supervisors; Scott York, Chairman, Loudoun County Board of Supervisors;

General John E. (Jack) Potter, President & CEO, Metropolitan Washington Airports Authority; Mark C. Looney Cooley LLP, Panel Moderator; Mark S. Ingrao, President & CEO, Greater Reston Chamber of Commerce.

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## FAITH NOTES

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

**Floris United Methodist Church**, 13600 Frying Pan Road in Herndon, has worship services at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Latino service on Saturdays at 7 p.m. Floris UMC has been ministering to Herndon and the surrounding community for more than 100 years, and numerous opportunities are available to worship, grow, and serve. 703-793-0026 or [www.florisumc.org](http://www.florisumc.org).

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

**St. Anne's Episcopal Church**, 1700 Wainwright Drive in Reston, holds Sunday services at 7:45 a.m., 9 a.m., 11:15 a.m. and contemporary service at 5 p.m. Nursery, Sunday School and Adult Education available. Morning Prayer on Monday at 9:30, Holy Eucharist Wednesday at 8:15 a.m. 703-437-6530 or [www.stannes-reston.org](http://www.stannes-reston.org).

Nondenominational **Christian businessmen** meet for prayer, Biblical discussion and fellowship 7 p.m. Fridays at Anita's, 1051 Elden St., Herndon and 12 p.m. Thursdays at 555 Grove St., Suite 200, Herndon. Call 703-795-1257.

**To Highlight your Faith Community,  
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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

From left, Lisa Lombardozzi, president of LINK and Marty Smith, Cluster One assistant superintendent for Fairfax County Public Schools, cut the ribbon on the new food donation bins at Dranesville Elementary School Monday, March 12.

## No More Food Waste

Dranesville Elementary Students, faculty kick off food donation program with LINK food bank.

BY ALEX MCVEIGH  
THE CONNECTION

After watching almost 6,000 pounds of food go to waste last year, the students and faculty of Dranesville Elementary School decided to do something about it. On Monday, March 12 the school cut the ribbon on their food recovery program, which will support LINK, a local nonprofit that provides food assistance to residents of Herndon, Sterling and Ashburn.

"Teachers Judi Ballenger and Aimee Conrad decided that there were a lot of students that expressed interest in helping people around them, so we got in touch with LINK," said Principal Kathy Manoatl. "And this has been a full effort from the students, every child at this school is involved 100 percent."

Students began tracking the amount of uneaten food that was thrown away, taking it out of the trash can and weighing it, while also keeping track of days of the week. They came to the conclusion that the school wasted 5,760 pounds of food last year, and as Manoatl said "they also decided it would be the last year that much went to waste."

Assistant Principal Willye Nance said once the students started keeping track of the wasted food, it really opened their eyes.

"They tracked the food, they graphed it and once they saw the numbers, it was very eye-opening," she said. "I think they saw that there was enough food that was thrown away here to really make a difference for hungry people in this area."

**THE PROGRAM** got a big break last November, when Rep. Frank Wolf (R-10) helped include language in the Department of Agriculture funding bill that would protect schools that donated food under



**Marty Smith, Cluster One assistant superintendent for Fairfax County Public Schools and Dranesville Elementary School sixth-grader Anthony Rivera cut the ribbon on a refrigerator donated to the school so they can donate perishable food items to LINK, a local food bank.**

the Good Samaritan Act. Prior to that, many schools threw away food, not wanting to expose themselves to liability should they donate it.

Wolf called it "a commonsense change that was long overdue" when the legislation was passed.

"The decision was really a catalyst for this program, because now we could be protected when we donated food," Manoatl said.

LINK donated a refrigerator to hold perishable items, and there are bins for unused Capri Sun juice pouches, unopened snacks, foil wrapped packages, unopened juice drinks and fresh fruit.

"Most of what we typically provide are nonperishable items, so we're glad to be able to get fresh items in, and within 48 hours, they'll be delivered to homes in need," said Lisa Lombardozzi, president of LINK. "Now we'll start picking up food from Dranesville

this week. The school has also done a lot of the leg work, the research, the guidelines for other schools to follow if they choose."

**LINK** serves 80 families a week, and Lombardozzi says the increased donations coming from Dranesville will allow them to stretch their budget even further.

Marty Smith, Cluster One assistant superintendent, said this program fulfilled a challenge facing every school, which is to become more involved in the community around them.

"What this school is doing is helping their students get an understanding of their place in the community," Smith said.

"We're doing this to ensure that the hungry people in this area are fed," said sixth-grader Anthony Rivera. "And we also want to show that we as children can make a difference."

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



Sarah Newman, Director, Connections for Hope, speaks at the event.

## Connections for Hope Celebrates Anniversary

On March 15, Connections for Hope celebrated two years serving the community. Connections for Hope is a partnership of community service organizations addressing the needs of low-income neighbors, fostering, self-sufficiency, good health, education, safety and full participation in community life. In 2010 over 2,000 people were served at Connections for Hope, in 2011 over 3,300 people were served, a 40 percent increase. As the center grows in the number of clients served, it has also grown in the number of partners and services it provides to the community. The number of individuals/families that utilized more than one service far surpassed the number in 2010. In just the first two months of 2012, over 50 households participated in more than one program at Connections for Hope.

Connections for Hope has added volunteer income tax assistance (VITA), financial management counseling and launched an employment services program. Connections for Hope is also, building a strong partnership with the Neighborhood Resource Center in Herndon so that the clients served by one center can more easily access services at the other center.

The additional employment services available at Connections for Hope are provided by human resource professionals. They have volunteered to develop a program that works

with Fairfax County in job search workshops, one on one assistance in resume writing, interview preparation, how to keep the job, and how to prepare for job advancement. Connections for Hope held its first job fair in January to which 24 people attended. Of those 24, 15 were identified as hired pending final paperwork and drug testing.

Connections for Hope partner organizations provide services that support the stability and self-sufficiency of families and individuals. Connections for Hope partnering organizations include Reston Interfaith: homelessness prevention and foreclosure prevention; Literacy Council of Northern Virginia: ESOL training; Vecinos Unidos Neighbors United: homework assistance; Just Neighbors: immigration legal services; Fairfax - Falls Church Community Services Board: mental health, substance abuse and prevention services; Jeanie Schmidt Free Clinic: healthcare to low-income children and uninsured adults; and NOVA ScriptsCentral, a prescription drug service for low-income individuals.

Connections for Hope is a program of Helping Children Worldwide.

For additional information about Connections for Hope visit [www.connectionsforhope.org](http://www.connectionsforhope.org) or contact Sarah Newman at [sarahnewman@helpingchildrenworldwide.org](mailto:sarahnewman@helpingchildrenworldwide.org) or 703-956-6722.



## Accidental Townhouse Fire

Fairfax County Fire and Rescue Department units responded to a townhouse fire, Saturday, March 17, at approximately 9:55 a.m., in the Herndon area of Fairfax County. The single-family home is located at 2488 Michael Lawrence Place.

Firefighters saw smoke and fire coming from rear of the townhouse upon arrival. The fire was located in an upstairs bedroom and quickly extinguished. Overhaul and salvage operations were conducted, ensuring the fire had not spread further. Three adults have been displaced. Red Cross assistance was declined. One adult female and one adult male were transported to Reston Hospital Center for non-life threatening burns received after attempting to extinguish the fire.

Damage is estimated at \$20,000.

According to fire investigators, the fire was accidental. A curling iron too close to clothing caused the fire.

## Hearing on Out-Of-Town Water Rates

At its public hearing on March 27, the Herndon Town Council will hear public comments relative to its proposed ordinance establishing the town's position on the Fairfax County Board of Supervisor's ordinance that attempts to regulate town water rates charged to customers who do not live or operate within the incorporated town limits.

The county's ordinance, adopted in December 2011, purports to require the Town of Herndon to submit its rates charged to out-of-town customers to county officials for their approval. The Herndon Town Council's draft ordinance affirms the power of the town to establish such rates independently of the county, and that the county's ordinance does not apply in or to the town.

The town's proposed ordinance calls for discussion between county and town elected officials on the issue, with resolution options to include continued provision of water to out-of-town customers by the town, at a rate determined by the town without county review; annexation of the out-of-town water service area into the town; or transfer of water service in the impacted area to the county.

The town currently provides water service to 39 homes located outside of the town, as well as to Herndon High School and Temple Baptist Church, also located outside of the town. All have received direct notice of the upcoming public hearing.

The March 27 public hearing will be held at the Ingram Council Chambers, 765 Lynn St., Herndon, beginning at 7 p.m. Comments may also be submitted to the Mayor and Town Council via email at [town.clerk@herndon-va.gov](mailto:town.clerk@herndon-va.gov) or 703-435-6804.

## Herndon High Drama Presents The Princess and the Pea

Herndon High School's Drama Department will be performing the Princess and the Pea on Friday March 23 at 7:30 p.m. and Saturday, March 24, at 10 a.m.

The story is based on Hans Christen Anderson's classic fable, of a prince who wants to marry a Princess but tends to be very unlucky and can never find the Princess he would like. However, on a stormy night, a young woman claiming to be a Princess seeks shelter at the Prince's Palace and to really see if she is actually a Princess, the Prince's Mother places a pea in the bed the young woman will sleep on during the night, covered by 20 mattresses and 20 featherbeds.

The performance is at Herndon High School's Auditorium at 700 Bennett Street through Door #6. Tickets are \$5 for students and adults. Visit [HerndonDrama.org](http://HerndonDrama.org) for more information.

## NEWS



From left, Herndon High School Art Department head Wayne Zink and senior Baback Chiniforoushan at the "Mind. Heart. Vision" Herndon High School senior art show at ArtSpace Herndon Friday, March 16.



PHOTOS BY ALEX McVEIGH/THE CONNECTION

From left, Herndon High School art teacher Kathleen Adams and senior Nicole Lee, next to Lee's oil painting "Sun Bath." Lee was one of many student artists who contributed to the second annual senior art show at Herndon ArtSpace.

## Herndon Seniors Create Exhibit

### ArtSpace hosts second annual senior art show.

BY ALEX McVEIGH  
THE CONNECTION

Last Fall, Herndon High School senior Baback Chiniforoushan was with some friends and his dog next to the Washington Monument when they performed a familiar ritual.

"My dog loves to get piggyback rides, and we were right next to the Monument, so I figured I'd pick him up for a quick ride," he said.

Someone took a photo of the duo with Chiniforoushan's iPhone, and several month later, that photo joined almost 60 pieces from fellow Herndon High School seniors at ArtSpace Herndon's "Mind. Heart. Vision." Herndon High senior art show.

"I'm sort of nervous seeing my photo up there, I've never had one shown before," Chiniforoushan said. "But I've been interested in photography for a while, and now I'm looking at possibly studying it in the future, so hope-

fully it will build from here."

This is the second year ArtSpace has hosted the Herndon seniors, and President Robin Carroll said they were pleased to be able to continue the tradition.

Students submitted work in a variety of media, including photography, colored pencil, oil, acrylics, mixed media, graphite and charcoal.

"It is such an honor to work with such exceptional young artists," said Studio Art teacher Kathleen Adams. "We've had an amazing year, as you can tell by the exhibit here just how hard they worked."

Wayne Zink, head of the Art Department at Herndon High thanked the students, saying they don't have to take art, but "because you do, we have fun jobs."

Students were equally complimentary of the school's art faculty.

"Our teachers are really committed to what they do, and I realized that they're so supportive, it's what I would imagine a private school would feel like," said senior Kat Xebec, who had two pieces in the show.

The exhibition will run until March 25. ArtSpace is located at 750 Center Street, and can be found online at [www.artspaceherndon.org](http://www.artspaceherndon.org).

**Herndon High School students, families and faculty gather at Herndon ArtSpace for the reception for the annual senior art show Friday, March 16.**







PHOTO CONTRIBUTED

**Herndon receives an award for its bio-retention pond at Runnymede Park. From left: Bob Boxer, Herndon director of Public Works; Steve DeBenedittis, Herndon Mayor; and John Muse, president, Community Appearance Alliance.**

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## Appearance Awards Community Appearance Alliance presents annual awards.

The Community Appearance Alliance of Northern Virginia (CAA) held its Annual Awards Presentation and Reception on Thursday, March 8. Attendees at this year's event included Stephen J. DeBenedittis, Mayor, Town of Herndon, Walter Tejada, Vice Chair/Arlington County Board and Christopher Zimmerman, Member/Arlington County Board, members of the Community Appearance Alliance's Board of Directors, architects, team and/or project leaders, citizen advocates and other supporters of the projects.

The Community Appearance Alliance of Northern Virginia, which is celebrating its 25th year, continued its tradition of recognizing outstanding projects that make a positive contribution to the visual quality of our region. The program was under the direction of the CAA's Vice-President for Awards, Lucia Hall, and the awards were presented by John Muse, CAA's President.

This year's winners are:

- ❖ Town of Herndon for Runnymede Bio-Ponds. This project enhances the community appearance by incorporating functional and aesthetically pleasing storm water remediation elements and by increasing the amount and diversity of plants and the extent of tree canopy

along the Herndon Parkway.

- ❖ Fairfax County Health Department for Joanne Jorgenson Laboratory. This structure enhances the community appearance by finding a new use for a blighted public building through an elegant renovation of the structure and site while preserving the historic architectural elements of the building.

- ❖ Unitarian Universalist Church in Reston. Enhances the community appearance by creating a building addition that adds to an aesthetically pleasing community resource, by incorporating a site design that responds to the native landscape and utilizes recycled building materials.

- ❖ Northern Virginia Association of Realtors®, Fairfax Headquarters Facility. Enhances the community appearance by creating an attractive sustainable constructed building, and by providing a beautiful outdoor gathering space. This is a Leed Gold building.

- ❖ Arlington County, Long Bridge Park (Phase 1). Enhances the community appearance by transforming an abandoned and unattractive industrial site into an elegantly detailed public park with a variety of recreational amenities and park resources.



## ‘Practices That Undermine Trust’

### Virginia gets a failing grade on ethics rules.

**T**he State Integrity Investigation is “designed to expose practices that undermine trust in state capitols — and spotlight the states that are doing things right.”

Virginia got a failing grade, ranking 47 out of 50 states for vulnerability to corruption. Corruption in the Commonwealth is probably not any more rampant than voter fraud. But in terms of practices that could undermine trust, Virginia has vast room for improvement.

**EDITORIAL** Here are a few comments about Virginia from the investigation (can’t call them highlights):

“The Old Dominion is one of nine states with no statewide ethics commission, one of four states with no campaign finance limits and one of only two states (South Carolina is the other) where the part-time legislators handpick the

judges before whom many of them practice law. “With 8.1 million residents, Virginia is the 12th most populous state in the union. But its part-time lawmakers have one of the shortest meeting schedules in the country — 30 days in odd-numbered years and 60 days in even-numbered years. At that speed, lobbyists of necessity have been elevated from influence peddlers to trusted advisers and authors of laws.”

Virginia has admirable disclosure of campaign contributions, earning a near perfect grade on citizen access to campaign finance records. The credit on the transparency of actual contributions to candidates belongs to the Virginia Public Access Project, vpap.org, more than the Commonwealth.

But the benefit of access to information on campaign finance is overshadowed by “lax oversight rules, weak consumer representation protections, dwindling capitol press corps and coziness between political and economic elites. ... Meanwhile, the few ethics and disclosure requirements that do exist tend to be flawed,

limited or fraught with exemptions and qualifications,” according to the report.

A couple of examples of laws and practices that could undermine trust:

- ❖ Virginia has no limits on financial contributions to political candidates. Literally. Companies and individuals can give unlimited amounts to any and all state and local elected officials, with some very limited restriction on timing.

- ❖ The licensing of car title loan companies, and allowing those companies in Virginia to lend to out-of-state car owners is clearly not in the interests of consumers or the communities where these storefronts are located.

- ❖ Despite a groundswell of indignation about a state law that sets the start date for public schools rather than allowing local school districts to set their own calendar, the entertainment industry prevailed this year again.

- ❖ Votes in subcommittees, where many important reforms go to die, are not recorded and not available to the public.

See Virginia’s report card (overall grade: F) <http://www.stateintegrity.org/virginia>

### LETTERS TO THE EDITOR

### Missing Republican Party

To The Editor:

I miss the Republican Party. I miss the party whose first Presidential candidate ran on a slogan of “Free Soil, Free Labor, Free Speech, Free Men, and Fremont.” I miss the Republican Party founded in opposition to the expansion of slavery, and later its abolition. I miss the Republican Party that gave us the 13th, 14th, and 15th amendments to the Constitution placing equal rights for all in one of our founding documents. I miss the Republican Party of Abraham Lincoln and Ulysses S. Grant who restored our union and abolished slavery. I miss the Republican Party of Teddy Roosevelt, one of the founders of the modern environmental movement. I miss the Republican Party of Dwight Eisenhower who led the west to victory over forces of genocide and totalitarianism in Europe, and warned of the military-industrial complex at home. I miss the Republican Party of Everett Dirksen, who allied with Hubert Humphrey, Lyndon Johnson, and Martin Luther King to pass the landmark Civil Rights acts of the 1960s. And I miss the Republican Party of Gerald Ford, who helped heal the country after the shame of Watergate. Most of all, I miss the Republican Party that preferred to compete with their opposition on the basis of their ideas, rather than trying to stifle their

speech, the control of their own lives, and their right to express themselves at the ballot box.

Mary Kimm was spot on in her editorial “Reenacting A Dark History?,” relative to efforts by Republicans in Richmond to restrict speech, access to the ballot box, and the control women have over their own reproductive health. Placing these efforts in a historical context was very effective, and reinforces how important it is to be vigilant about protecting access to rights guaranteed by the constitution, that nevertheless had to be fought for by succeeding generations. That this is occurring is obvious. What is not so obvious is why.

Why would the party of Grant and Dirksen, pass a bill whose only result will be to restrict the ability to vote of minorities and the elderly? Why would a party founded on the right to control one’s own person and property, pass a bill requiring women be subjected to an unnecessary medical procedure against their wishes? Why would the party of Teddy Roosevelt, push continued dependence on fossil fuels, and deny the truth of global climate change? And why would a Party founded on a dedication to freedom of expression, call out the riot police to quash a peaceful demonstration of women trying to advocate for these rights? In my opinion the answer is fear ... fear that in our increasingly diverse country, the ideas that have propelled them to power since the 1980s, will no longer resonate with a true majority. So rather than

trying to bring conservatism into the 21st century, they try to force Virginia and the country back to the 19th. They force clearly unpopular restrictions on fundamental rights to privacy and speech, while hoping to restrict access to the ballot box of those they know will reject their ideas. This strategy will work in the short term, but in the long term is a recipe for disaster for the Republican Party ... and that makes me sad.

As a lifelong Democrat I recognize the importance of a vibrant two-party system. It is good for the country to have two parties with different ideas for achieving common goals, compete for power. That only works though, when both parties are more interested in doing what is beneficial than in maintaining power. It only works when both parties respect certain fundamental rights, including privacy, speech, and access to the ballot box. No party is perfect. The Democratic Party has struggled with this in the past. Even FDR had to cater to the wing of his party that had not yet conceded losing the Civil War. It’s not too late for Republicans to come to the party. It is possible to be conservative without restricting access to the ballot box. It is possible to be conservative without infringing on rights to privacy. And it is possible to be conservative without rejecting scientific advance. I hope they get there soon, because I miss the Republican Party!

**Jim Daniels**  
Centreville

### Democrats Default on their Duty

To the Editor:

With a lot of our attention focused on the Presidential and Congressional races this year, we need to keep in mind what has been happening in the Virginia General Assembly session in Richmond.

In short, the Senate Democrats failed in their constitutional duty to pass a state budget. The session adjourned without approving a budget, which is the first time that this has happened that anyone can remember. So, an upcoming special session is required to pass a budget.

Importantly, one of our newest senators, Barbara Favola, who represents parts of Arlington, Fairfax, and Loudoun Counties (and also my Senator), was AWOL in the Senate when the budget vote was taken. Where was she you ask? She was taping a TV show with a national media outlet. That shows where her priorities lie — not with her constituents.

This is a disgrace to all Virginians. Please let Senator Favola know how displeased you are with her behavior of holding the budget hostage and harming our local governments, schools, and kids, just for reasons of raw political power.

**Howie Lind**  
Chairman, 10th Congressional District  
Republican Committee

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**Published by Local Media Connection**

**1606 King Street  
Alexandria, Virginia 22314**

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# NEWS

Jacob Reeves and Principal Ann Gwynn standing in front of the mural Reeves created for Herndon Elementary School's 50th year celebration.

PHOTO BY  
KELLY HORNE



## Eagle Project for Herndon Elementary

Jacob Reeves completed his Eagle Project for Herndon Elementary School on March 10. This was a project that he had to plan the materials, duties, supplies and manpower. He sketched a celebration mural for Herndon Elementary School's 50th year celebration. He also completed clean-up projects that included the VT serenity garden, the two courtyards and the trimming of the bushes and planting of pan-

sies in front of the school. This was a project of leadership and people management. He also had to document and direct all of the scouts, parents and volunteers to complete these projects throughout the day. He was pleased to have 52 people that volunteered for his project and also a very talented lead artist, Nancy Bentley, who took his design and brought it to life on the mural.

### BULLETIN BOARD

#### WEDNESDAY/MARCH 21

**Stroke and Osteoporosis Screenings.** Sugarland Hill Senior Apartments, 1100 Dranesvilles Road, Herndon. Five screenings available, including cardiovascular, bone density screening, cholesterol and glucose. Packages from \$149. Schedule appointments at 1-800-697-9721 or [www.lifelinescreening.com](http://www.lifelinescreening.com).

#### SATURDAY/MARCH 24

**Protect Trees: Remove English Ivy.** Meet at Christ the Servant Lutheran Church, Glade Drive, Reston. Join RA environmental resource staff to help restore the natural area between Hunters Woods Plaza and Hunters Woods Condominiums. Volunteers will remove English Ivy that is threatening trees and reducing biodiversity. [ha@reston.org](mailto:ha@reston.org) or 703-435-7986.

#### SUNDAY/MARCH 25

**This Will Change Everything.** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. How visions of the future will affect society and our relation with each other as the gap between the haves and the have nots likely widens.

#### MONDAY/MARCH 26

**Water Exercise Classes for Seniors.** Oak Marr Recreation Center, 3200 Jermantown Road, Oakton. \$68 for ten Monday sessions, March 26-June 4. Register at 703-273-6090 or [anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov).

#### TUESDAY/MARCH 27

**March Network Night.** 5:30-7:30 p.m. M&T Bank Reston, 1861 Wiehle Ave., Suite 100, Reston. Join members, prospective members and guests of the Greater Reston Chamber of Commerce. \$15-\$40. 703-707-9045 or [www.restonchamber.org](http://www.restonchamber.org).

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

#### WEDNESDAY/MARCH 28

**Legislative Luncheon: Silver Line: On Track to Loudoun.** 11 a.m. Sheraton Reston Hotel, 11810 Sunrise Valley Drive, Reston. Results of a survey of the Dulles Corridor business community on the Silver Line Metrorail project, with Virginia Secretary of Transportation Sean T. Connaughton, Chairman of the Fairfax County Board of Supervisors Sharon Bulova, Chairman of the Loudoun County Board of Supervisors Scott York, Mark Looney of Cooley LLP and more. \$45 Greater Reston chamber of Commerce members, \$60 non-members. Register at 703-707-9045 or [www.restonchamber.org](http://www.restonchamber.org).

#### SATURDAY/MARCH 31

**Hunter Mill District Democratic Committee Lasagna Dinner & Auction.** 5 p.m. Reston Community Center, 2310 Colts Neck Road, Reston. [HunterMill@fairfaxdemocrats.org](mailto:HunterMill@fairfaxdemocrats.org).

#### SUNDAY/APRIL 1

**Gospel music for atheists.** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. With Stephen Baird and The Galapagos Mountain Boys.

#### TUESDAY/APRIL 10

**Oakton High School Dance Team Pre-tryout Clinic.** 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. [alphajane@aol.com](mailto:alphajane@aol.com).

#### FRIDAY/APRIL 13

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

#### SUNDAY/APRIL 15

**UUCF: A Sociological Perspective.** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. The theological diversity of UU congregations sets us apart from other mainline denominations. Sociologists have developed typologies and theories that provide some useful insight into Unitarian Universalism.

<cal1>Wednesday/April 18  
**Oakton High School Dance Team Pre-tryout Clinic.** 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. [alphajane@aol.com](mailto:alphajane@aol.com).

#### SUNDAY/APRIL 22

**Can you hear me now?** 12:45 p.m. Fairfax Unitarian Church, 2709 Hunter Mill Road, Oakton. The debates over climate change and other environmental issues provide case studies and point to approaches that might change the way we communicate around the issues that matter most to our society and our future.

#### MONDAY/APRIL 23

**Kindergarten Orientation.** 2 p.m. Floris Elementary School, 2708 Centreville Road, Herndon. Children who will be five years old on or before Sept. 30, 2012 are eligible to be enrolled in kindergarten. The orientation will be provide information and the registration paperwork. 703-561-2900.

#### TUESDAY/APRIL 24

**Oakton High School Dance Team Tryouts.** 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. [alphajane@aol.com](mailto:alphajane@aol.com).

#### WEDNESDAY/APRIL 25

**Oakton High School Dance Team Tryouts.** 4 p.m. Oakton High School, 2900 Sutton Road, Vienna. [alphajane@aol.com](mailto:alphajane@aol.com).

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# A Wrong Way to Feel Cool

Area high school students discuss risky behaviors.

## Viewpoints

The Connection high school interns – **Nikki Cheshire** (Langley High), **Monika Bapna** (Marshall High) and **Mary Grace Oakes** (Madeira) – asked area high school students:

- ❖ What type of risky behaviors do some youth engage in and what do you think poses the greatest risk?
- ❖ Are there certain activities that can lend themselves more to risky behavior because of the nature of the group?

Here are their responses.



**Sherwin Zahirieh, Grade: 12, Langley High School**  
“People drive recklessly, risking their life, which can obviously result in disaster. People do all sorts of drugs and drink alcohol every weekend. Drunk driving definitely poses the greatest risk, since people think they’re invincible.”



**Meigan McManus, Grade: 12, Langley High School**  
“I think something like drunk driving is especially risky. If a person is using drugs, it only really affects them, but drunk driving poses a highly dangerous situation toward other people.”



**Adrienne Schmidt, Grade: 11, Langley High School**  
“When parents aren’t close with their child, they have the tendency to rebel. It depends on the person, but if you have a better relationship with your parents then risky behavior is less likely.”



**Magne Bugten, Grade: 12, Langley High School**  
“Parties outside of school-related activities, definitely cause risky behavior. I feel like people who don’t do extracurriculars are more likely to party.”

—NIKKI CHESHIRE

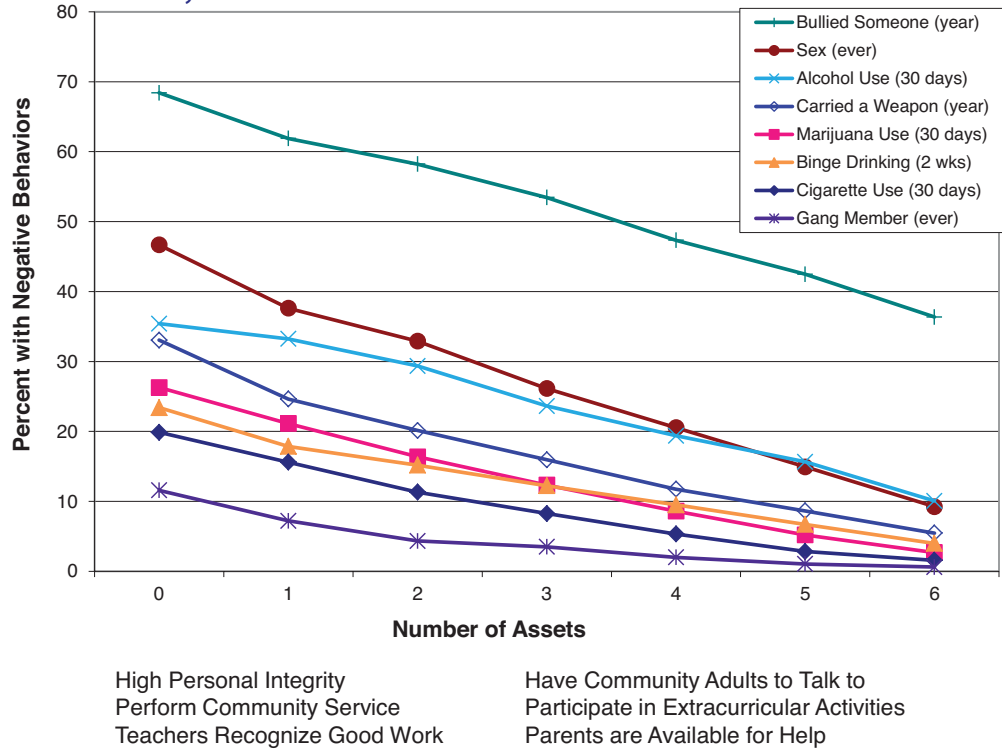


**Sam Kyung, Grade: 11, Marshall High School**  
“The most risky behaviors in my opinion are drinking, and drinking and driving. Drinking and driving, though, poses the greater risk because it affects everybody.”

SEE VIEWPOINT, PAGE 11

## Asset Graph for Fairfax County (Grades 8, 10, 12)

Three to Succeed: Youth who have three assets are less likely to engage in risky behavior than youth who have none.



The 2010 Fairfax County Youth Survey shows how the presence of at least three “assets” can dramatically reduce the odds of students engaging in risky behaviors such as sex, drug abuse and violent behaviors. Six assets are: high personal integrity, performing community service, being recognized by teachers for good work, having adults in the community to talk to, participating in extracurricular activities and having parents available to help.

# Risky Behavior by the Numbers

## Youth Survey highlights risks, assets for students.

BY ALEX McVEIGH  
THE CONNECTION

### FIRST IN A THREE PART SERIES.

Periodically, Fairfax County conducts a youth survey which polls thousands of students to get a glimpse into issues of substance abuse, antisocial behaviors as well as factors such as mental health and civic engagements. This is the sixth year the survey has been conducted (the first was in 2001), and in the 2010 Fairfax County Youth Survey was completed by 32,953 students in eighth, 10<sup>th</sup> and 12<sup>th</sup> grade, representing 85.6 percent of enrolled students in those grades.

The survey was previously conducted in 2001, 2003, 2005, 2008, 2009 and 2010. Over time, more specific questions regarding risk factors and general health questions have been included. In 2008, the survey was administered in random English classrooms in every school, but in 2009 the county adopted a census-like approach, where all students in the targeted grades were encouraged to participate.

“For the last few years, we’ve conducted the survey every year, because it helps us learn about certain behaviors our youth are doing, and that’s information we can use to plan our prevention efforts,” said Marcus Allen of the county’s Department of Neighborhood and Community Services. “The data shows us the way behaviors are trending and we use that for short and long-term planning.”

Of the completed surveys, 2,554 were rejected due to fewer than eight questions answered, information

was missing, the student reported a use of a fictitious drug called BTM that was mentioned or a student answered “I was not honest at all” on the final question.

The survey itself consisted of 203 questions, which were derived from such sources as the U.S. Substance Abuse and Mental Health Administration’s Communities That Care Youth survey, the Center for Disease Control and Prevention’s Youth Risk Behavior Survey and others.

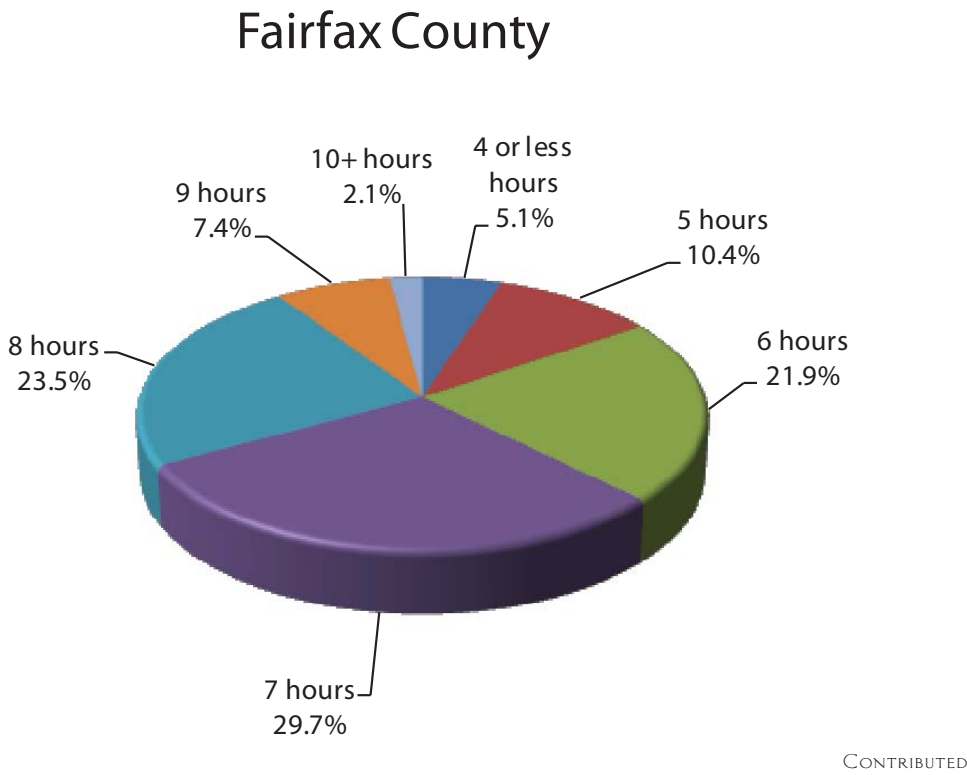
**A PRIMARY FOCUS** of the 2010 survey was on “assets” by students, which, according to the survey are “strengths in young people, their families, schools and communities that help them thrive in health, in school and daily life and in a safe environment.”

The county polled students on six of these: personal integrity, regular community service, recognition by teachers for good work, having adults to talk to, extracurricular activity participation and having parents available for help.

“We’ve found that the presence of three of these assets dramatically reduces the risk of these students engaging in risky behavior. It’s simple really: the more assets they have, the less likely it is they’re going to engage in these behaviors,” Allen said. “It’s not all negative, we want to make sure we’re reinforcing how important these assets are, because it directly affects the likelihood of success.”

For example, students with at least three assets are almost half as likely to have had sex, used marijuana in the last 30 days, binged on alcohol in the past two weeks, smoked a cigarette within the last 30 days or

## Hours of Sleep per School Night (Grades 8, 10, 12)



CONTRIBUTED

## Viewpoints



**Nick Nelson, Grade: 11, Marshall High School**  
“Fatigue, I think, is the biggest problem with teens these days. When students drive to school, for example, it can lead to so many accidents in the morning if they are tired.”  
“Procrastination, extracurricular activities, and all the things that teenagers have to do these days causes fatigue.”



**Joey Phoon, Grade: 11, Marshall High School**  
“Teenage parties are where most kids get access to these things, so any events that have a lot of teenagers together and no parent supervision lend themselves to alcohol and drug use.”

—MONIKA BAPNA



**Annie Wattenmaker, Grade: 12, The Madeira School**  
“The most common risky behavior is drinking and driving. So many kids in this area drink and drive all the time without thinking of the risks.”



**Kristen Bilowus, Grade: 12, The Madeira School**  
“I think DUIs pose the greatest risk to kids because so many deaths are caused by this every year, and the legal repercussions are so severe.”



**Makenzie Parent, Grade: 12, The Madeira School**  
“Binge drinking is probably the most dangerous behavior because it can easily and rapidly get out of hand, causing hospitalizations.”  
“I think when there is a big group involved, that group mentality creates more peer pressure, so kids might feel forced to do something they would not if they were just with a small group of friends.”



**Jennifer Oler, Grade: 12, McLean High School**  
“I think drunk driving definitely poses the greatest risk because you’re not only putting yourself in danger but everyone else driving then too.”  
“When there is a larger group of people, teenagers tend to do stupid things that they most likely wouldn’t do if they were by themselves or just with a couple of people.”

—MARY GRACE OAKES





PHOTO COURTESY OF THE FAIRFAX SYMPHONY ORCHESTRA

Students from Westgate Elementary School in Falls Church joined members of the Fairfax Symphony Orchestra for the “Overture to Orchestra” program. The program introduces elementary school students to the instruments and sounds of a symphony orchestra. Students (from left): Aidan Ordovery, Agnes Holmberg, Adam Haizoun, Matteo Betancourt, Katrina Maranon, Tharini Vayuvegula and Yusra Adan. FSO members (from left): Ashley Batten, narrator; Eric Moore, horn; Paul Johnson, trumpet; Mike Bunn, tuba; Andrew Skaggs, trombone; Chris Ferrari, trumpet.



PHOTO COURTESY OF THE MCLEAN YOUTH ORCHESTRA

Oboist Elise Favia plays a solo during a McLean Youth Orchestra concert. Experts say playing music can develop analytical thinking and boost reading and math skills.

# Does Music Make Children Smarter?

**During Music In Our Schools Month, musicians raise awareness of the impact of music education on the lives of students.**

BY MARILYN CAMPBELL  
THE CONNECTION

**C**an playing the piano strengthen a child’s reading and math skills? Can joining a school band be a catalyst for building self-confidence? Does one develop strong analytical abilities by taking violin lessons? Some music experts say yes.

“Every minute that you’re engaged in music, you’re applying more than one concept or one knowledge,” said Dr. Kevin Strogher, Head of Music at The Heights School in Potomac. “Music develops analytical thinking because it requires students to be creative. They don’t just regurgitate memorized facts. They have to apply those facts.”

March is Music in Our Schools Month and some music aficionados are trying to raise awareness about impact of music education on the lives of students. The National Association of Music Education in Reston cites a strong body of evidence which shows that participation in musical activities can enhance a student’s education. “For today’s



PHOTO COURTESY OF THE FAIRFAX SYMPHONY ORCHESTRA

**Helen Fall of the Fairfax Symphony Orchestra mentors students from the Sandburg Area Orchestra. Experts say students can benefit from exposure to professional musicians through educational programs sponsored by local symphony orchestras.**

## Considering Private Music Lessons?

**When should students start taking music lessons?**

Between the ages of 5 and 6 for piano. Between the ages of nine and ten for wind instruments or band instruments because students have to have the lung capacity and the finger stretch to perform on the instrument.

**What is a good first step?**

The piano is a great instrument to start on because it plays in every key and gives students a deep understanding of musical harmony and how music works in terms of cords, melody and harmony.

— HOLLY VESILIND,

MUSIC INSTRUCTOR AT WESTGATE ELEMENTARY SCHOOL

## McLean Youth Orchestra

The McLean Youth Orchestra presents MYO Rocks! Sunday, March 25 at 3 p.m. at Oakcrest School, 850 Balls Hill Road in McLean. Admission is \$10 (free admission for children under 13). Visit <http://mcleanyouthorchestra.org>.

students to succeed tomorrow, they need a comprehensive education that includes music taught by exemplary music educators,” said Elizabeth Lasko, Assistant Executive Director, NAME. “Music In Our Schools Month gives music teachers the chance to...let everyone know how learning music benefits kids, and how it contributes to their growth and development both as students and as future adult citizens.”

Instructors say playing music can boost brain power. “Music helps build and develop cognitive skills because you have to do three or four things at the same time to perform music,” said Holly Vesilind, music instructor at Westgate Elementary School in Falls Church and a private flute instructor in Fairfax. “It builds math skills because it involves counting and fractions.

Experts say music activities can affect social development. “Music ensembles work much like team sports, students learn the necessity of teamwork and collaboration,” said Dr. James Criswell, director of the Middle School advanced band and Upper School wind ensemble and orchestra at St. Stephen’s & St. Agnes School in Alexandria.

Strogher dispels the notion that the discipline attracts social misfits. “It is not just the choir geeks or the band nerds,” he said. “When [The Heights Men’s Chorus] was

SEE MUSIC, PAGE 11



# Music in Our Schools Enhances Education

FROM PAGE 10

performing in Austria recently, we had the [school's] best lacrosse player with us, we had baseball players, basketball players. In fact, most of our top athletes are also in the music program. It is actually a cool thing to be in music."

So, what do students think? "Music allows people from different social groups to bond and come together over a common interest," said Connor Ortman, a sophomore at St. Stephen's & St. Agnes.

"Regardless of a student's level, participation in music education teaches the importance of teamwork and collaboration as a group as well as individual discipline and preparation, much like athletics," added St. Stephen's & St. Agnes School sophomore Kathryn Cavallo.

**EXPERTS SAY** early musical experiences benefit even the youngest musicians. "We focus on experiences, the process and overall music making through movement, singing and instrument playing," said Julie Mueller, a music teacher at Arlington's Jamestown Elementary School.

Earlier this month, the Jamestown Elementary School chorus joined other student choral groups from around the world for the "Concert for Music in Our School's Month," an annual musical experience sponsored by The National Association of Music Education. "Events like these are wonderful opportunities to encourage the students to develop their musical abilities and to be part of activities with musicians from all over," said Dr. Maritza Sadowsky, a music teacher at Jamestown.

Music educators want musical interest to extend beyond a month-long effort. "We hope that because of advocacy efforts such as [Music in Our School's Month]...that parents will encourage their children to get and stay involved in music," said Lasko.

One means of involvement say educators is exposure to professional musicians through educational programs sponsored by local symphony orchestras. "Having been a school strings and band teacher, myself, I understand how the voices of professional

musicians who come into the classroom can reinforce the instruction the teachers give," said Helen Fall, a Fairfax Symphony Orchestra Violist.

Hall and other FSO members mentor students as part of programs like Symphony Creating Outreach Resources for Educators (SCORE) and Overture to Orchestra. Overture to Orchestra is designed to introduce elementary school students to the instruments and sounds of a symphony orchestra through in-school concerts performed by chamber ensembles from the FSO. The SCORE program offers extensive master classes, individual sectional instruction, and "side-by-side" rehearsals to middle and high school bands and orchestras.

"The students are always excited to have us come. They feel they are getting extra special attention, and having a pro on every instrument makes them all feel important," said Fall who teaches violin and viola in her home studio in Fairfax.

The FSO allows students ages 6-18 to join the Student Passport Club where members get \$5 tickets to symphony performances. Young music enthusiasts also have an opportunity to play symphonic instruments and meet members of the orchestra.

"The FSO concentrates on providing its programs to areas where students have limited access to private music instruction or consistent support for their music studies in the home," said Elizabeth Murphy, FSO President and CEO. "These are the students who will benefit most from one-on-one exposure to the instruments and professional musicians."

**OFFICIALS FROM THE MCLEAN ORCHESTRA** created the McLean Youth Orchestra (MYO) to cultivate the talent of musically advanced middle and high school students. "MYO students not only learn to read and play music better, but working with our conductors and section coaches, they also learn the discipline, team work, self-reliance and confidence required to be an effective ensemble member," said Aileen Pisciotta, President-Elect of the McLean Orchestra.

On Sunday, March 25, MYO musicians will present MYO Rocks! "This is [the

orchestra's] first-ever 'fusion' concert," said Pisciotta. "The students will perform a couple of classical selections as well as accompany accomplished rock musicians on some current as well as classic rock favorites. This is an MYO outreach effort intended to be a really fun exposure to symphony music for teens who don't normally go to classical concerts."

MYO oboist and Vienna resident Elise Favia, believes the concert will be a hit with her peers. "I am really big on modern songs," said Favia, who is a 10<sup>th</sup> Grade Student at Thomas Jefferson High School for Science and Technology in Alexandria. "I actually don't like classical music as much as I do the others, but classical music on the oboe is fun because the oboe is used a lot."



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aged. For additional listings, visit  
[www.connectionnewspapers.com](http://www.connectionnewspapers.com).

### THURSDAY/MARCH 22

**Beverly Cosham Sings.** 2 p.m.  
Reston Community Center Hunters  
Woods, 2310 Colts Neck Road,  
Reston. Cabaret singer Beverly  
Cosham, accompanied by pianist  
Felicia Kessel Crawley. 703-503-3384  
or 703-476-4500.

**The Second City: Laugh Out Loud.**  
8 p.m. The Barns at Wolftrap, 1551  
Trap Road, Vienna. Comedy. \$24.  
[www.wolftrap.org](http://www.wolftrap.org).

**Children's and Teen Book Sale.** 10  
a.m.-5 p.m. Reston Regional Library,  
11925 Bowman Towne Drive,  
Reston. 703-689-2700.

**David Andrews Smith.** 8:30 p.m.  
O'Sullivan's Irish Pub, 754 Elden St.,  
Herndon. Live music. 703-464-0522  
or [www.osullivanirishpub.com](http://www.osullivanirishpub.com).

**Comedy Night.** 8:30 p.m. Sully's,  
14513 Lee Jackson Highway,  
Chantilly. Every Thursday. 703-818-  
9292 or [mysullys.com](http://mysullys.com).

### FRIDAY/MARCH 23

**Virginia Opera: The Mikado.** 8 p.m.  
George Mason University's Center for  
the Arts Concert Hall, 4400  
University Drive, Fairfax. Gilbert and  
Sullivan's masterpiece, set in the  
fictional Japanese town of Tiputu.  
Sung in English with English  
supertitles. \$48-\$98. 888-945-2468  
or [www.gmu.edu](http://www.gmu.edu).

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

**Children's Theatre Production:**  
**The Princess & the Pea.** 7:30  
p.m. Herndon High School  
Auditorium, 700 Bennett St.,  
Herndon. Based on Hans Christian  
Andersen's short story. Tickets \$5.  
[www.herndonrama.org](http://www.herndonrama.org).

**Gather Round the Campfire.** 6:30  
p.m. WNEC Campfire Ring,  
Soapstone Drive, between Glade  
Drive and Lawyers Road, Reston. All  
ages. Sing songs and be a part of a  
frog chorus. Make popcorn in the fire  
and more. \$5-\$8.  
[naturecenter@reston.org](mailto:naturecenter@reston.org) or 703-476-  
9689.

**Children's and Teen Book Sale.** 10  
a.m.-5 p.m. Reston Regional Library,  
11925 Bowman Towne Drive,  
Reston. 703-689-2700.

**The Second City: Laugh Out Loud.**  
8 p.m. The Barns at Wolftrap, 1551  
Trap Road, Vienna. Comedy. \$24.  
[www.wolftrap.org](http://www.wolftrap.org).

**Rocky Guttman.** 9:30 p.m.  
O'Sullivan's Irish Pub, 754 Elden St.,  
Herndon. Live music. 703-464-0522  
or [www.osullivanirishpub.com](http://www.osullivanirishpub.com).

### SATURDAY/MARCH 24

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

**Children's Theatre Production:**  
**The Princess & the Pea.** 10 a.m.  
Herndon High School Auditorium,  
700 Bennett St., Herndon. Based on  
Hans Christian Andersen's short  
story. Tickets \$5.  
[www.herndonrama.org](http://www.herndonrama.org).

**Fairfax County Mega Job Fair.** 10  
a.m.-3 p.m. Fairfax County  
Government Center, 12000  
Government Center Parkway, Fairfax.  
This year's event includes a training  
vouchers program for veterans to  
enhance their job skills, a section for  
youth employment services plus  
recruiters from a wide variety of  
employers and government agencies.  
Co-hosted by Congressman Gerry  
Connolly, the Fairfax County  
SkillSource Centers and Business



PHOTO COURTESY OF VIRGINIA OPERA

**Bass Kevin Burdette as Ko-Ko in Virginia Opera's produc-  
tion of Gilbert and Sullivan's "The Mikado". The Virginia  
Opera will present "The Mikado" on Friday, March 23 at 8  
p.m. and again on Sunday, March 25 at 2 p.m. in George  
Mason University's Center for the Arts Concert Hall, 4400  
University Drive, Fairfax. Gilbert and Sullivan's master-  
piece, set in the fictional Japanese town of Tiputu, will be  
sung in English with English supertitles. Tickets are \$48-  
\$98. 888-945-2468 or [www.gmu.edu](http://www.gmu.edu).**

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**Children's and Teen Book Sale.** 10  
a.m.-4 p.m. Reston Regional Library,  
11925 Bowman Towne Drive,  
Reston. 703-689-2700.

**Harlem Globetrotters.** 7:30 p.m.  
George Mason University Patriot  
Center, 4500 Patriot Circle, Fairfax.  
Tickets available at  
[www.harlemglobetrotters.com](http://www.harlemglobetrotters.com) or 1-  
800-745-3000.

**Pete Baker.** 8:30 p.m. O'Sullivan's Irish  
Pub, 754 Elden St., Herndon. Live  
music. 703-464-0522 or  
[www.osullivanirishpub.com](http://www.osullivanirishpub.com).

**DC/VA 2012 MDA Muscle Walk.** 8  
a.m. George Mason University, 4400  
University Drive, Fairfax. Help raise  
funds to fight muscular dystrophy,  
ALS and related muscle diseases.  
Register at 703-476-5780 or  
[musclewalkmda.org/DCVirginia](http://musclewalkmda.org/DCVirginia).

**Meet and Greet the Authors.** 2-4  
p.m. Barnes and Noble, Spectrum  
Center, 1851 Fountain Drive, Reston.  
With Karen Cantwell, author of "Take  
the Monkeys and Run"; Eric Gardner,  
author "God's Will Blood Line" and  
John B. Wren, author of "To Probe a  
Beating Heart". [lfwren54@aol.com](mailto:lfwren54@aol.com) or  
703-503-7955.

**Easter Egg Hunt.** 1-3 p.m. Sully  
Historic Site, 3650 Historic Sully  
Way, Chantilly. Hunt for filled Easter  
Eggs, participate in Sully's egg roll,  
make a spring craft and visit baby  
animals. \$5 per child. Take a tractor-  
drawn wagon ride around the  
grounds for \$2, weather permitting.  
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**Ballet and Bordeaux Fundraiser.** 6-  
9 p.m. Center for Innovative  
Technology, 2214 Rock Hill Road,  
Herndon. Classical Ballet Theatre's  
annual fundraiser and silent auction.  
Catered meal and wine, live music.  
[www.cbntva.org/bordeaux](http://www.cbntva.org/bordeaux).

### SUNDAY/MARCH 25

**Reston Community Orchestra:**  
**Mostly Baroque.** 4 p.m. Reston  
Community Center Hunters Woods,  
2310 Colts Neck Road, Reston. With  
concertmaster Fred Rupert,  
principal flautist Stephanie Fouse,  
principal cellist Kurt Usowski and  
Dingwall Fleary on harpsicord.  
Bach's Brandenburg Concerto No. 5  
in D, BWV 1050, Vivaldi's Violin  
Concerto in E minor, RV 273,  
Handel's Royal Fireworks Music and

Scheidt's Canzona. Free, donations  
accepted.  
[www.restoncommunityorchestra.org](http://www.restoncommunityorchestra.org).

**Virginia Opera: The Mikado.** 2 p.m.  
George Mason University's Center for  
the Arts Concert Hall, 4400  
University Drive, Fairfax. Gilbert and  
Sullivan's masterpiece, set in the  
fictional Japanese town of Tiputu.  
Sung in English with English  
supertitles. \$48-\$98. 888-945-2468  
or [www.gmu.edu](http://www.gmu.edu).

**Children's and Teen Book Sale.** 1-4  
p.m. Reston Regional Library, 11925  
Bowman Towne Drive, Reston. 703-  
689-2700.

**Ronald McDonald House Charities  
Red Shoe 5K Run & Walk.** 9 a.m.  
2303 Dulles Station Blvd., Herndon.  
Kids Fun Run at 8:45 a.m. Racers  
awarded cash prizes. Children can  
get community service hours. Adults  
\$35-\$40, children \$25. Team and  
family discounts. Register at  
[www.redshoe5K.org](http://www.redshoe5K.org) or 703-698-  
7080.

**Harlem Globetrotters.** 2 p.m. George  
Mason University Patriot Center,  
4500 Patriot Circle, Fairfax. Tickets  
available at  
[www.harlemglobetrotters.com](http://www.harlemglobetrotters.com) or 1-  
800-745-3000.

**Oberlin College Conservatory of  
Music Concert.** 7:30 p.m.  
Unitarian Universalist Congregation  
of Fairfax, 2709 Hunter Mill Road,  
Oakton. Violinist Zou Yu and pianist  
Shuyi Guan perform Sonata in D  
minor by Claude Debussy & Valse  
Scherzo, Op.34 by Pyotr Tchaikovsky.  
Violinists Dorothea Chatzigeorgiou  
and Yuri Popowycz, violists  
Batmyagmar Erdenebat and Aaron  
Mossburg, and cellist Zizai Ning,  
cello perform String Quintet No.2 G  
Major, Op.111 by Johannes Brahms.  
Free. 703-842-3156.

**Craftsmen's Spring Classic Art &  
Craft Festival.** 10 a.m.-5 p.m.  
Dulles Expo Center, Chantilly.  
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crafts. Adults \$8, age 6-12 \$1. 336-  
282-5550 or [www.CraftShow.com](http://www.CraftShow.com).  
**Red Shoe Run & Walk 5K.** 2303  
Dulles Station Blvd., Herndon. Packet  
pickup 7:30 a.m., race starts at 9  
a.m., Kids' Run starts 8:45 a.m.  
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## Exciting All-Star Afternoon

Concorde/Patriot All-Stars beat the Liberty/National team 109-108 in overtime.

BY JON ROETMAN  
THE CONNECTION

**B**ryant Fultz wasn't among the top performers in the dunk contest during NVABBC all-star festivities on March 17, but the West Potomac senior made his mark during the main event.

Fultz threw down a fourth-quarter alley-oop dunk from fellow Wolverine Randall Brobbey, scored a team-high 15 points and earned game MVP honors as the Concorde/Patriot All-Stars defeated the Liberty/National team 109-108 in overtime at Wakefield High School. The all-star game featured some of the top players from the Northern Region, and matched a team composed of athletes from the Concorde and Patriot districts against players from the Liberty and National districts.

"With the dunk contest, it was really hard because I'm not really a trick dunker," Fultz said. "I'm more of a go-up-and-do-it kind of guy."

Fultz made up for any lack of flair in his dunk-contest performance. With the Concorde/Patriot squad leading by four late in regulation, Brobbey threw an alley-oop pass off the backboard, which Fultz slammed home for a 99-93 advantage.

"In practice," Fultz said, "we do it all the time for fun."

After the 3-point shootout, South County's Oren Burks held off Lake Braddock's Tyler Snow to win the dunk contest. Jumping over a human prop became the unofficial theme of the event. T.C. Williams' T.J. Huggins was one of the first to attempt the maneuver, leaping over fellow Titan Jordan Byrd, who stands 6 feet.

"It was his idea at the last minute," Byrd said. "I was just supposed to throw the [alley-oop]. He missed it a couple times and then at that time he just changed it and said, 'Can I dunk over you?' I said, 'Go ahead, I'll give it a try, but you better not hurt me.'"

**THE ALL-STAR GAME** provided an exciting end to the afternoon. The Liberty/National team overcame an 11-point second-half deficit to force overtime and held a one-point lead late in the extra period. But after allowing the go-ahead bucket to Hayfield's Nate McShay of the Liberty/National team, Huggins, the region Player of the Year, drove to the rim and scored the game-winner for the Concorde/Patriot team.

The Concorde/Patriot All-Stars, led by Woodson head coach Doug Craig, featured a balanced scoring attack. South County's Marqueice Johnson and Westfield's Quentin Basil each scored 11 points, and Lake Braddock's Snow had 10. Centreville's Evan Fuller and Robinson's Robert Pillow each tallied nine points, while Huggins added eight.

Johnson, a rebounding force for the Stallions, said it took some time to settle into a rhythm while playing with athletes from other schools, but the teams eventually found a groove. He also said there was a relaxed approach in terms of competition, but that didn't stop hip from hustling.

Chantilly's Brady Caslavka (7 points), Robinson's Tristian Crenshaw (7), T.C. Williams' Byrd (6), Centreville's Robert Coker (5) and Lake Braddock's Brendan McHale (2) also competed for the



South Lakes' JD Wallace scored 15 points for the Liberty/National All-Stars.

Concorde/Patriot team.

Edison head coach Terry Henderson led the Liberty/National All-Stars. Henderson received a good-natured ribbing for calling a timeout in the closing seconds of the first half to design a play for Langley's Daniel Dixon. The play worked, as Dixon buried a 25-foot 3-pointer at the buzzer to give his team a 49-48 halftime lead.

"It's fun. You get some talent you don't normally have," Henderson said. "It's kind of like coaching at a private school or something. You've got your shooters, you've got big men [and] you've got ball handlers. I was like a kid in a candy store; I didn't know what to do and what to call."

Dixon, who also had the ball in his hands near the end of regulation and overtime, said he enjoyed having opportunities during crunch time.

The play prior to halftime "was drawn up to get me the ball, but probably in a different spot than near half-court," Dixon said. "But I just pulled it from there."

Hayfield's McShay led the Liberty/National team with 20 points. Dixon scored 17 points, South Lakes' J.D. Wallace finished with 15 and McLean's Gordon Rogo added 11.

Edison's Tyrone Mackall (9), Wakefield's Justin Glenn (8) and Corey Aldrich (5), McLean's Sango Amolo (7) and Thomas Van Wazer (6), South Lakes' Jordan Francis (4), Langley's Joey Robinson (4) and Marshall's Latrell Watkins (2) also competed.

Wakefield head coach Tony Bentley hosted the festivities for the third consecutive year. He said the all-star game was the best it has been and he enjoyed watching his players — Glenn and Aldrich — participate.

## Huge Turnout for South Lakes Baseball

Seahawks fall to Herndon in local rival game, 13-3.

**T**he South Lakes Seahawks varsity baseball team kicked off their 2012 high school season Friday night, March 16 against rival Herndon High. The rain cleared and the stands at South Lakes were packed with a large contingent of fans, including students and little leaguers. Reston Little League was well represented on both teams with 18 alumni participating.

Herndon, which won the cross-town, non-district game 13-3, jumped out on top in the second inning after a three-run homer by Austin Schnarrs. After Herndon tacked on another run in the third, South Lakes battled back against Herndon senior starting pitcher Addison Wright with three runs, all coming with two outs, in the bottom of the fifth inning.

Junior Hayden Hall started the rally with a double and senior Ryan Forrest added a key RBI single.

South Lakes senior Billy McLaughlin pitched a solid game, going six strong innings. Unfortunately for South Lakes, the wheels came off in the seventh inning and the barn-burner turned into a decisive win for Herndon.

South Lakes, in the Friday game, hosted the first of its four '4 Free Admission Fridays,' where youngsters are allowed in free of cost as long as they are accompanied by a paying adult. All youth ball players, on these special nights, are encouraged to wear their team baseball jerseys (Little League, Cal Ripken) or the Kelly green and royal blue attire of the Seahawk team colors.

The next South Lakes Free Admission Friday is this upcoming Friday night, March 23 when the Seahawks face Liberty District opponent Jefferson at 6:30.

Another big night for South Lakes baseball is scheduled for Friday, April 13, which will be 'Youth Baseball Night,' where players not only get into the game for free, but will enjoy special activities and gifts. The



Billy McLaughlin pitched six innings for South Lakes last Friday night.

opponent that evening will be district rival Fairfax High.

The Seahawks will be migrating south this spring break to participate in the BATRUP tournament near Hilton Head, S.C., against teams. The Seahawks, on the trip scheduled for April 1-5, will be playing their spring break games at Bluffton High School. Check out the schedule at [www.southlakesathletics.org](http://www.southlakesathletics.org).

— CONTRIBUTED BY MATT ALBELSON

### Oakton Baseball Wins First Three

The Oakton High baseball team (3-0) opened their new season last week with wins over Yorktown, 8-3, McLean, 8-7, and West Potomac, 15-4.

"We are very solid throughout our roster this year," said Oakton head coach Justin Janis. "I've been very pleased with how our players are preparing. If we throw strikes and play good defense, I think we have a chance to be successful this year."

Key members on the Oakton roster include senior Tyler Carroll, who is set to play collegiately at James Madison University next school year; senior outfielder Mason Hauser; and senior catcher Austin Lamon.

Oakton is coming off a successful 2011 season in which the Cougars went 18-6 overall and captured the Concorde District title. They advanced to the Northern Region tournament quarterfinals before losing to Lake Braddock.



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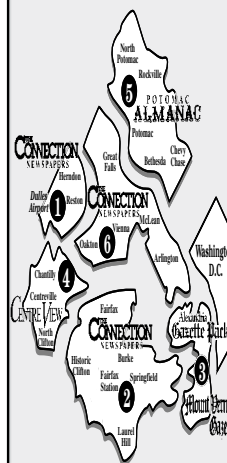
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## 22 Prayers

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## 21 Announcements

## 21 Announcements

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## "Here, There And Everywhere"



By KENNETH B. LOURIE

The Beatles sang it on their "Revolver" album back in the mid 60s. My wife and I danced to it in the late 70s when we selected it as "first song as husband and wife" – in 1978. And recently we felt it, three years after my stage IV lung cancer diagnosis, as our reaction/assessment to the many similarly diagnosed individuals who've shared their lung cancer stories with us. Who knew? All of a sudden – or so it seems, people with whom we thought we had little in common – and even less of a connection, have selflessly offered up their lung cancer experiences, journeys, associations, etc. One-hundred, sixty-thousand deaths per year attributed to lung cancer, the leading cause of cancer-related deaths in this country – by far, is reason enough for what initially seemed like a random coincidence but now feels more like an inevitability. Apparently, where there are overwhelming numbers, so too is there an overwhelming capacity for empathy and understanding.

Any lung cancer story I hear is more evidence and reinforcement to boost my own survival. Not that any experiences of what other cancer patients have endured/survived is necessarily related to my survival, still; it beats the alternative, as I like to say. Living is its own reward and surviving lung cancer is exponentially more rewarding than anything else I do. It's the first thing I think of when I wake in the morning and the last thing I think before I fall asleep at night. And on those many nights when I'm unable to fall asleep, or sleep soundly – or enough, you can be sure the culprit is cancer. Certainly, I have physical challenges related to my diagnosis, but mostly the problem I face is mental: how do you not obsess on the thing that is most likely killing you and one for which you have minimal control or defense? My solution, or rather an attempt at a solution: I try to compartmentalize – and/or pretend, but cancer is insidious and tricky: an enemy of the people if there ever was one.

More specifically, trying to make the best of a bad situation is what I do best. When you're characterized as "terminal" at age 54 and a half – not even three months after you buried your widowed mother at age 86 – of a disease for which there was no immediate-family history, combined with the fact that you were a lifelong non-smoker (85 percent of lung cancer patients have been smokers), the breaks don't exactly feel as if they're going your way. Nevertheless, dwelling on that fact or feeling sorry for myself or "woeing" is me is not reflective of the positive mental attitude that my parents instilled in me. I saw how they lived their lives and more importantly, I observed their dignity and perseverance when their health deteriorated. Somehow, they never made it about them, it was more about others.

Likewise, as I regularly receive communications from and occasionally meet other cancer survivors, I only hope that I am doing for them what they are doing for me. A cancer diagnosis was not exactly what I had anticipated hearing from my Internal Medicine doctor three years ago when he made "the call" to me. However, now that I've lived the cancer life for three-plus years and met the people I have and read the many stories sent to me, I feel privileged to be part of such a brave and courageous group. Thanks for reaching out to us. Because of you, we've never felt alone.

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





125 students participated in the March 14 Fashion Show at Herndon High School. Fourteen student designers created 64 unique, hand-made looks for the show. The front row from left: Deirdre McDonough Assistant-Assistant Director; Lauren Sartorius, Assistant Director; Show Director Caroline Peterson; and, in no particular order, student designers: Colette Merrill, Rachel Gregson, Madi Chernick, Taylor Kusseling, Taty Harkey, Katherine Warakowski, Tia Dubois, Lyric Jones, Madeline Tran, Willie Wood, Shelby Stevens, Olivia Gentilcore, Maggie Gallagher, Barbara Kirwan, Courtney Guengerich and Kendall Brancart.

## ‘Express Yourself’ at Herndon High

### Herndon High School Fashion Show features 14 designers, 125 other students.

On Wednesday, March 14, student designers at Herndon High School expressed themselves in the Fashion Marketing program’s annual fashion show. Titled “Express Yourself,” the show was directed by junior Caroline Peterson, who wanted to bring the

feel of a New York City fashion show to Herndon High School. Assisted by Lauren Sartorius and Deirdre McDonough, the event involved 125 students, including 14 student designers who made 64 uniquely designed and crafted looks.

On March 14, Herndon High School Fashion Show Assistant Director Lauren Sartorius and Show Director Caroline Peterson greet the crowd before the start of the show. Behind them stand the fourteen designers whose work is featured in the show.



Elle and Emma Pickering, daughters of Herndon High School Fashion Marketing/Entrepreneurship Teacher Julie Pickering, blow glitter into the crowd during the school’s March 14 fashion show, organized by students in the Fashion Marketing Program.



PHOTOS BY DEB COBB/THE CONNECTION

Savanna Rains wears a look designed and made by Taty Harkey at the March 14 “Express Yourself” Fashion Show at Herndon High School.



Rebecca Foechterlle wears a look designed by Taty Harkey during the 2012 Herndon High School Fashion Show on March 14. The designs of fourteen students were featured in the show.