

Hundreds Gather to Give

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LaShawna Smith, leader of Daisy Troop 6747 of Herndon, helps her daughter, Nicole, make an art piece at the Volunteer Fairfax Give Together Day at the Herndon Senior Center on Jan. 21.

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MOMS Club Seeks Service Opportunities

Club's open house examines ways for families to volunteer.

BY ALEX McVEIGH
THE CONNECTION

The Herndon Moms Offering Moms Support (MOMS) club hosted an open house at ArtSpace Thursday, Jan. 17, to help local families discover ways they can serve their community. The open house brought in representatives from Volunteer Fairfax, the Leukemia and Lymphoma Society, Maddie's Blankets and Fairfax Releaf provided multiple ways for families to get involved, depending on their interests.

"We do an annual service project and a few fundraisers every year, but we wanted to focus on specific ways that families with younger children can get everyone involved," said Jenn Zschunke of the MOMS club.

Recently the club has made connections with service events such as Honor Flights, where military veterans visit Washington, D.C., and Color A Smile, which distributes drawings to nursing homes, Meals on Wheels programs and others.

"We know families are busy, but we also want to present as many opportunities as we can, so people can commit to things they like, or their children will be interested in," said club member Maura Culligan. "We're excited to harness the energy of this club and turn it into service opportunities."

❖ **Volunteer Fairfax** is a way for residents to search out service opportunities all around the county that cater to a variety of different interests. They maintain a database on their website that is searchable by date, event and even age group.

"We aim to connect people to events that are family friendly and convenient, especially when students' service hours are due," said Meg Emery of Volunteer Fairfax. "Two of our biggest events are our Global Youth Service Day which is the last weekend in April, as well as our Volunteer Fest in October."

Information and the searchable database can be found at www.volunterfairfax.org.

❖ **Fairfax Releaf** is a nonprofit whose volunteers plant and preserve trees, as well as restore other natural habitats in the county.

"We host spring and fall tree plantings where families, including children as young as 3, can show up and plant a tree," said Kelly Wagner of Fairfax Releaf. "We also schedule special planting events for groups that would like to plant trees on their owns, whether its at parks, yards, on HOA land, whatever the group is interested in."

Wagner recommends that organizations interested in spring plantings get in touch with Releaf soon, because months such as April are very popular and can fill up quickly.

Releaf also scouts locations for their plantings, which includes getting utility lines marked. Their goal is to plant at least 10,000 seedlings per year.

More information is available at



PHOTO BY ALEX McVEIGH/THE CONNECTION

Maddie Pelgrim, a sophomore at Oakton High School and founder of Maddie's Blankets, leads a briefing during a volunteer event.

www.farifaxreleaf.org.

❖ **Maddie Pelgrim**, a sophomore at Oakton High School, has been helping families get involved in community service for the past six years. When she was 10 she founded Maddie's Blankets, and since then the group has made more than 10,000 fleece blankets for people and pets in need.

"It started when I was volunteering at PetSmart and I noticed the animals were resting on things like old towels and pillowcases. So we worked with some different blanket prototypes and came up with what we're using now," Pelgrim said. "We've got the process down pretty well. The older kids make small cuts along the edges of pieces of fleece, which they do to get service hours. Then the younger children take two pieces of fleece, tie the frayed ends together, and you've got a blanket."

Pelgrim's organization provides blankets to animal shelters, foster care homes and transitional housing. The first year they put out 200 blankets, in 2012 alone they made more than 4,000. Pelgrim says her goal is to put out a total of 20,000 before she graduates college in two years.

More information is available at www.maddiesblankets.org.

❖ **The Leukemia and Lymphoma Society** is the world's largest organization funding research and providing support to those affected by blood cancer. Their annual Light the Night Walk at Reston Town Center raises hundreds of thousands of dollars each year.

The LLS also reaches out to schools every year with their Pennies for Patients Program, which since 1994 has given children in schools around the country a chance to turn their spare change into support for a cause.

Schools, as well as organizations like MOMS can also hold events and collect change.

"We're hoping to raise \$875,000 during this year's campaign, which takes place over a three-week period in February and March for schools," said Joanna Hatch of the LLS. "The National Capital Region is a big one for us, last year the two highest fundraisers in the nation were Walt Whitman High School and Walter Johnson High School in Maryland, so we know to expect big things."

Schools and organizations can sign up for Pennies for Patients at www.schoolandyouth.org. This year's Light the Night Walk at Reston Town Center will take place on Saturday, Oct. 5.

Obama's Agenda

Herndon-Reston citizens on second term priorities for President Obama.

BY ANDREA WORKER
THE CONNECTION

A man walks into a bar... actually a female journalist walked first into O'Sullivan's Irish Pub and Restaurant on Elden Street in Herndon and then into the bar at Il Fornaio Authentic Italian Restaurant and Bakery on Market Street in Reston Town Center, and posed the same question to several patrons of each establishment:

"What do you see as the priorities for President Barack Obama's second term in office?"

At 5:45 p.m. Monday, Jan. 21, the coverage of the 57th inau-

guration was still showing on the TV sets at O'Sullivan's and the early crowd divided their time between their drinks, conversations with friends, and the televised scenes of the inaugural proceedings. The televisions had all been tuned to the evening's sporting events by the time the occupants of the Il Fornaio bar were asked for their views, but whatever was being broadcast along the airwaves, at both spots there were folks willing to give the question a thoughtful answer and to share their opinions.



Lauren Bland, Herndon, finance

"I think the priority should be working with Congress to create new jobs, a bi-partisan progression that says 'Hey! Let's get things done.' I would also like to see, in terms of social advancement, gay marriage, or what I like to call marriage equality, be legalized federally. It shouldn't be a state thing. I can't understand how you can be legally married in one state, then you cross the border and you're not married anymore. You know, now that I think about this question a bit more, I think that federally recognized marriage equality would be my number one priority, even above working with Congress."



Inger Ljungberg, with Isabelle, Herndon, D.C. healthcare researcher

"I think the economy is the big one. Financial stability, along with figuring out a good way to deal with our current debt. What I also think is very important is to figure out a way to deal with gun safety. I am really hoping that President Obama can get all 23 or at least the majority of his suggestions on this issue passed."



Brooks Emmons, Herndon, controller, government contractor

"He definitely needs to concentrate on the numbers, trimming spending and waste. We need to get our debt under control. It's time to look at departments like the EPA. They are over-reaching and overstepping their boundaries. Even the Department of Education. I think it's served its purpose. School districts seem to do just fine without them. Fairfax Schools are a prime example. They don't need the Department of Education telling them what to do. They are rated among the best. And everyone complains about school funding, but in Fairfax County schools have electronic blackboards, TVs in classrooms, computers, plenty of the best in the latest technology. Just look to eliminate the waste and concentrate on creating jobs."



Thomas Johnson, Herndon, Pentagon contractor

"I think he should focus more on funding public, state-funded institutions, universities and colleges. Help fund my institution that I just graduated from, Norfolk State University. It would be nice if he funded these institutions more. More people go to public institutions than private because of the costs and they need the help. If we need to educate more people to get the jobs of today and the future, they have to have the help. I was lucky and had parents who could help me, but that's not the case for a lot of people."

PHOTOS BY ANDREA WORKER/THE CONNECTION



Meredith Solomon of INOVA Health Systems assists Brownie Grace Torgerson of Reston to tie a bow on a toiletry kit she assembled as part of Volunteer Fairfax's Give Together Day at the Herndon Senior Center on Monday, Jan. 21.

Hundreds Gather to Give

Volunteer Fairfax holds Give Together Day.

On Monday, Jan. 21, over 300 volunteers spent their day at the Herndon Community Center to support several nonprofit organizations from the area by making holiday crafts

for the infirm, toiletry kits for the homeless, and fleece toys for homeless dogs. The event was one of several taking place in Fairfax County as part of Volunteer Fairfax's Give Together day.



Michelle Kranzberg of Herndon helps her children Josh and Danielle make fleece tug toys for homeless dogs at the Volunteer Fairfax Give Together Day at the Herndon Senior Center on Monday, Jan. 21. The Crazy for K9s 4-H Dog Training Club organized and ran the fleece toy activity and will distribute the over 350 toys made to local animal rescue groups.

Kat Clifford of Herndon assists her daughter Kenzie (far right) and Alexa Costa as they make fleece tug toys for homeless dogs at Volunteer Fairfax's Give Together Day on Monday, Jan. 21, at the Herndon Senior Center. Kenzie Clifford and Costa are members of Daisy troop 1698 from Herndon and are earning their light green public service petal by volunteering at the event.



PHOTOS BY DEB COBB/THE CONNECTION

Samantha Burgess of Brownie Troop 5696 in Herndon assembles a toiletry kit with a comb, soap, hand sanitizer, moisturizer, toothbrush and toothpaste in recycled blue wrap for distributed by INOVA Health Systems to local homeless residents as part of Volunteer Fairfax's Give Together Day on Monday, Jan. 21.



Sudhir Sharma helps his daughter Mansavi make a reflection art piece at the Volunteer Fairfax Give Together Day at the Herndon Senior Center on Monday, Jan. 21. Sharma came to the event with her Daisy troop to earn her light green public service petal.

Pursuing Math and Science at Fox Mill Elementary

Girls at Fox Mill Elementary are pursuing their interest in math and science by joining the school's Girls Excelling in Math and Science program (GEMS), which meets after school. Over the course of the year, the girls will investigate, explore and be exposed to a variety of topics and professionals in related fields. Recently, WUSA9 meteorologist Erica Grow met with the girls to discuss different

types of weather, and facilitated a hands-on activity for the students. The group has heard from a female pilot and has an upcoming meeting scheduled with a scientist from George Mason University. In May, Fox Mill's GEMS members will visit a cooking school to learn how chemistry and cooking are related.

WUSA9 meteorologist Erica Grow visits Fox Mill Elementary.



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OPINION

Expanding Medicaid Good for Virginia

Real health coverage for an additional 400,000 people is in reach.

Virginia has an opportunity to expand Medicaid in a way that could extend health coverage to more than 400,000 residents who currently have no health insurance while the Federal government picks up the tab; Virginia would pay 10 percent of the additional cost after 2020.

The Medicaid expansion would give medical insurance to 25,000-30,000 Fairfax County residents, where more than 132,000 have none.

More than 12 percent of the slightly more than 1 million people who live in the wealthiest county in the nation are without health insurance. Household income in Fairfax County averages more than \$122,000 a year.

In Arlington, 17 percent of adults under age 65 lack health insurance.

Under the health care reform act, many of Virginia's uninsured residents could be covered

by an expansion of Medicaid to cover residents who earn up to 133 percent of the poverty line, and that expansion would be paid for almost entirely by federal funds. But while the reform act itself was upheld by the U.S. Supreme Court, the court also opened a door for states to opt out of the expansion of Medicaid.

Virginia's current eligibility requirements for Medicaid are so strict that although it is the 11th largest state in terms of population and 7th in per capita personal income, Virginia ranked 43rd in Medicaid enrollment as a proportion of the state's population and 47th in per capita Medicaid spending, according to a 2013 Fairfax County report.

EDITORIAL

The report says that new coverage would extend to individuals earning less than \$15,302 per year or families earning less than \$31,155 per year, low income children who lose Medicaid when they turn 19, and adults with disabilities not currently eligible.

It isn't as if there were no health care costs for these currently uncovered residents. Right now, they access health care when they are very sick by going to an emergency room, where the hospital spreads the cost of care around.

But this is inefficient, expensive and unhealthy. Expanding Medicaid coverage would allow far less expensive preventative care and lead to better health outcomes.

A new analysis by the Commonwealth Institute shows that expanding Medicaid to 133 percent of the poverty level would generate state general fund savings and new revenues that would total \$2.08 billion and more than offset the state's share of expansion costs over the next eight years, plus provide significant numbers of new jobs and economic growth. Expanding health care will add tens of thousands of new jobs. People with access to preventative and early health care use fewer sick days and are more productive on the job as well.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation because you don't like the feds telling you to wear your seatbelt.

From a human perspective, passing up the chance to offer health coverage to 400,000 Virginians is inconceivable.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Transportation, Education Top Agenda

BY TOM RUST
STATE DELEGATE (R-86)

Going into the second week of session, the pace has picked up in the amount of bills to be considered in the House sub-committees. We had our first meetings of the Transportation Sub-committee, which hears proposed legislation on transportation funding, land use policy and special projects, and the Education Sub-committee on Higher Education and the Arts, for both of which I serve as chairman.

I listened to your concerns at my Town Hall last weekend and my Tele-Town Hall this past Wednesday and I appreciate your input on proposed legislation. We had several thousand participants in the Tele-Town Hall at various times during the event. I regret that I was not able to get to all the questions due to time constraints.

Many of you were interested in and made comments on the governor's 2013 Transportation Funding and Reform Package. The plan at year five would generate over \$800 million in additional funding to be invested in the commonwealth's transportation network. It would replace the 17.5 cents a gallon tax on gasoline (excluding diesel) with a 0.8 percent NGF sale and use tax increase that



RICHMOND REPORT

excludes food. I am receiving many comments on the plan with concern being raised about replacing the gas tax with a general sales tax.

There are a number of transportation bills in the General Assembly including legislation by Senators Saslaw and Watkins and Delegates Rust, Albo and Watts in addition to the governor's proposal. I am hopeful with all these ideas, we will be able to forge a bi-partisan solution to our serious transportation problem.

Other issues you commented on were uranium mining in Southwest Virginia, Medicaid expansion, and education funding for good teachers.

Your opinions on uranium mining in Southwest Virginia were about evenly split between those who support it and those who did not support it. If it does go forward, numerous approvals will be required from various agencies in the federal, commonwealth and local governments. It has been estimated these approvals will take seven to nine years. The expansion of Medicaid was slightly favored and education funding for teachers was overwhelmingly supported.

One of the issues that has concerned me is the spread of Lyme

disease. This year, I am chief copatron of HB 1933, which proposes to insure that Virginia residents are adequately educated and informed of the limitations in the existing serologic tests to detect Lyme disease. Lyme disease is a serious concern in our area and I have worked on this issue for several years.

According to the National Capital Lyme and Tick-borne Disease Association, early symptoms of Lyme disease may include headache, stiff neck, fever, muscle aches and fatigue. If left untreated or treatment is delayed, the disease can become chronic with serious, debilitating complications. A few examples include: joint pain and swelling, heart disease; neurological problems such as Bell's palsy, dizziness, irritability, ADHD-like symptoms, cognitive dysfunction, muscle weakness and neuropathy.

Representatives from the following organizations visited our Rich-

mond office to discuss proposed legislation: Fairfax County Public Schools, Loudoun County Public Schools, Virginia Tech, James Madison University, George Washington University, Randolph-Macon College, University of Virginia, Mary Baldwin College and Longwood University.

Other visitors include: the counties and school boards of Fairfax and Loudoun, Virginia Education Association, The Family Foundation, National Organizational for Women, The Humane Society, Virginia AFL-CIO, Virginia Dietetic Association, Washington Metropolitan Area Transit Authority, Chesapeake Climate Action Network, Chain Bridge Bank, Virginia Commerce Bank, Virginia Wine, Wolf Trap and the Northern Virginia Technology Council.

I can be reached by phone at 703-437-9400 or by email at DelTRust@house.virginia.gov. You can also "like" me on Facebook or follow me on Twitter.

Write

The Connection welcomes views on any public issue.

The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors.

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ENTERTAINMENT

Send announcements to herndon@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com.

SATURDAY/JAN. 26

USE Winter Potluck & Business Meeting. 5 p.m., at the Unitarian Universalist Church, 1625 Wiehle Ave., Reston. Current and prospective members of the Useful Services Exchange (USE) barter organization gather for dinner. 703-860-5141 or MediaVIP@aol.com.

Weekend Bluegrass Concert

Series: Sunrise. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A gospel bluegrass quartet from Fredericksburg brings harmonies a cappella and masterful instruments to match. \$12; children 12-and-under, free. 703-435-8377 or kd4fue2@verizon.net.



Dry Branch Fire Squad

Dry Branch Fire Squad Serves up Bluegrass With Comedy

A bluegrass band known almost as much for their humor as their music plays traditional and old-time Appalachian style bluegrass on Friday, Feb. 1 at 8 p.m. at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. \$15; children 12 and younger, free. 703-435-8377 or www.drybranchfiresquad.com.

TUESDAY/JAN. 29

James A. Bland Music Scholarship Competition. 7:30 p.m., at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston. Solo musicians from local schools with a variety of voice, piano and instrumental talents compete to move up to the regional round of the competition (then to continue to district and state). www.restonlions.org.

WEDNESDAY/JAN. 30

Herndon Council of the Arts Annual Meeting. 7-9 p.m., Ice House Café, 60 Elden Street, Herndon. Members and the general public may join the Council for the Arts for the Annual Meeting and Awards Ceremony; refreshments and cash bar included. www.herndonarts.org.

FRIDAY/FEB. 1

Artists Reception: Scenic Highway/Hopeful Calm & Beginnings. 7-9 p.m., at the Post Gallery, ArtSpace Herndon, 750 Center St., Herndon. Local photographers Catherine Powers and Michael Kane present a mixed exhibit of Powers' photography from up and down US 17 from Virginia to Florida recording the vanishing culture, and Kane's images of the natural world on a journey of discovery. 703-956-6590 or www.artspaceherndon.org.

Dry Branch Fire Squad. 8 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A bluegrass band known almost as much for their humor as their music plays traditional and old-time appalachian style bluegrass. \$15; children 12 and younger, free. 703-435-8377 or www.drybranchfiresquad.com.

WEDNESDAY/FEB. 6

Public Art in the Windows at ArtSpace Herndon, 750 Center Street. "Public Art in the Windows" is a community effort to promote outdoor public art in the Town of Herndon; artists and photographers are invited to submit original works of art in any medium. 703-956-6590 or www.artspaceherndon.org.

SATURDAY/ FEB. 9

Black History Month Event. 1-2 p.m., at ArtSpace Herndon, 750 Center Street, Herndon. Student-Athletes from Herndon HS will present readings on the document, its history and importance. www.ArtSpaceHerndon.com.

SUNDAY/FEB. 10

Dating Abuse Stops Here. 9-10 a.m.,



PHOTO CONTRIBUTED

2012 Honoree Arthur Nachman (center) flanked by the Honorable Grace Han Wolf, president of the Council for the Arts (right) and Vicky Rhinesmith Dorman, former executive director of the Council for the Arts of Herndon (right).

Herndon Council of the Arts Annual Meeting

On Wednesday, Jan. 30, members and local arts enthusiasts gather for the awards ceremony and annual meeting at Ice House Café in Historic Downtown Herndon, from 7-9 p.m. Members and the general public may join to at the time of year when CAH reviews the achievements of the previous year, and votes on the incoming board. Refreshments and cash bar will be available.

at Dulles Town Center Mall, 21100 Dulles Town Circle, Dulles. The third annual DASH at Dulles 5K Walk in memory of Siobhan Russell in protest of dating abuse is open to the public. \$15. www.datingabusestopshere.com.

WEDNESDAY/FEB. 13

Open Mic Night. 9:30 p.m.-1:30 a.m. Jimmy's Old Town Tavern, 697 Spring St., Herndon. Every Wednesday. Register your band at BluesSlide@aol.com or 703-593-5206. www.jimmystavern.com.

FRIDAY/FEB. 15

Bowling for Columbine. 7 p.m., at United Christian Parish, 11508 North

Shore Dr., Reston. A showing of the Academy Award-winning documentary film about gun violence in America, by Michael Moore; the film explores the nature and relationship of guns, violence and racism. 703-620-3065. www.oaktonathletics.org/index.cfm?action=main.other&contentid=266626.

SATURDAY/FEB. 16

Mill Run. 7:30 p.m., at Holy Cross Lutheran Church, 1090 Sterling Road, Herndon. A traditional bluegrass band featuring vocal harmonies, original songs and complex instrumentals. \$12; children 12 and younger, free. 703-435-8377 or www.millrunbluegrass.intuitwebsites.com.

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SPORTS

Manner's 37 Points Lead Oakton Past Centreville

Cougars beat Wildcats in battle of Concorde's top two teams.

BY JON ROETMAN
THE CONNECTION

The Centreville girls' basketball team, owner of an up-tempo style and winner of 14 of its first 15 games, approached Friday's contest confident it could beat Oakton despite a losing streak against the Cougars dating back to 1995.

But after the opening tip, the Wildcats' confidence turned to timidity against 6-foot-1 Oakton senior Elizabeth Manner and the eight-time defending Concorde District champion Cougars.

Manner scored 37 points and grabbed 14 rebounds as Oakton defeated Centreville 65-48 on Jan. 18 at Oakton High School. The defending state champion Cougars improved to 14-2 overall and moved into sole possession of first place in the Concorde District with a 4-0 mark.

The Wildcats had no answer for the physically imposing Manner, who burned Centreville in the paint, from the perimeter and at the free-throw line. At the other end of the floor, head coach Tom Watson said the Wildcats weren't their usual attacking selves.

"I think we came out scared in the first half," he said. "I think we were awful. I think we didn't bring our game. We were afraid to penetrate—that's not our game. I think that big girl from Oakton intimidated [our players]."

Manner scored 16 points in the paint, made one jumper, knocked down one 3-pointer and went 16-for-19 at the free-throw line.

"We don't have bunches of plays for her," Oakton head coach Fred Priester said. "We're an equal-opportunity offense. But when things break down, the kids have great trust in her and great faith in her. She's a big girl, but she's extremely agile and she moves around that basket very well. . . . She has worked as hard and has come as far as, really, any kid I've ever coached."

OAKTON LED BY 12 at halftime, but Centreville pulled to within five on three occasions late in the third quarter and trailed 43-36 entering the fourth. Manner extended the Oakton lead with a pair of buckets in the opening minute and finished with 15 points in the final quarter. She made seven of eight free-throw attempts during the final four minutes, 25 seconds.

Oakton led 17-8 at the end of the first quarter. Manner scored 11 points in the opening period, making nine of 10 free-throw attempts.

Priester said Manner has come a long way at the foul line since her freshman season. According to stats from the Washington Post's website, Manner



Oakton senior center Elizabeth Manner scored 37 points during a 65-48 victory against Centreville.



Oakton senior guard Helen Roberts scored 11 points against Centreville.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

shot 76 percent from the line through this season's first 16 games.

"Her freshman year, I think she started the season something like 3-for-28," Priester said. "She got better to get it up to some reasonable number by the end of the year. We didn't do anything ridiculous or strap her to a waterboard or anything like that. Every day we work on form shooting, form shooting, form shooting. It just comes about."

Manner said improvement at the line was about building confidence.

"We work on our shot every day in practice," Manner said, "so I started to get more comfortable with it and then I just stopped thinking about it and just shot the ball like we do in practice every day."

While Watson praised Manner, the Centreville coach wasn't pleased the Oakton center was not whistled for a foul during the game.

"She's great. She's a good player. She's another [Washington Mystics guard and former Oakton star] Jasmine [Thomas]—she gets every call in the world," Watson said. "It doesn't matter what you do, she gets a call. That's irritating for a coach. That's why I was barking. It just gets old. She had 16 free throws and she had zero fouls. How could she not have a single foul in there? You don't think we drove on her and bumped her the same way she bumped us?"

Oakton senior guard Helen Roberts scored 11 points. Senior forward Angela Sickels finished with seven points and sophomore guard Karlie Cronin had six.

Sophomore guard Lindsey Abed added four points and seven rebounds.

"I think Lindsey played phenomenal tonight," Manner said. "She has a good sense of where people are open and she has a good calmness about her where she can take what Priester tells her and put it into action."

OAKTON TRAVELED to face Westfield on Tuesday, after the Connection's deadline. The Cougars will host Herndon at 7:30 p.m. on Friday, Jan. 25.

The second meeting between Oakton and Centreville will be Feb. 5 at Centreville High School.

"I can't wait," Watson said.



South Lakes junior center Abigail Rendle, seen during a preseason scrimmage, scored nine points against McLean on Jan. 18.

PHOTO BY CRAIG STERBUTZEL

South Lakes Girls' Basketball Beats McLean

The South Lakes girls' basketball team moved into first place in the Liberty District standings with a 53-45 victory over McLean on Jan. 18 at South Lakes High School.

The Seahawks improved to 14-2 overall, including 7-1 in the district, and snapped McLean's 11-game win streak.

SPORTS BRIEFS Junior guard Caitlin Jensen led South Lakes with 14 points, including a trio of 3-pointers. Sophomore forward Princess Aghayere scored 10 points and grabbed 11 rebounds, junior guard Sasha Sprei totaled nine points and five assists, and junior center Abigail Rendle added nine points and six rebounds.

McLean dropped to 12-4 overall and 6-2 in the district, with both losses coming against South Lakes. Senior post Lisa Murphy led the Highlanders with 15 points and junior guard Elena Karakozoff had nine.

McLean head coach Mike O'Brien wrote in an email that the Highlanders were "out-hustled and out-worked" by South Lakes.

The Seahawks, who are ranked No. 17 in the Washington Post's top 20, traveled to face Langley on Tuesday, after The Connection's deadline. South Lakes will go on the road to face Thomas Jefferson at 7:30 p.m. on Friday, Jan. 25.

Langley Hockey Continues Its Undefeated Season

The Langley hockey team played another strong game in a divisional matchup, beating up on Yorktown 12-3 on Jan. 18. Langley is now 5-0 in the NVSHL at the halfway point in the season.

Langley limited Yorktown's star player, Cameron Smith, to the three goals scored by Yorktown. Langley registered 41 shots on goal, led by a breakout game by sophomore Colin Dibble, who had a six-point night, including a hat trick.

Not to be outdone, senior captain Evan Sterling also registered a hat trick and three assists, while the other six goals were scored by senior assistant captain Kevin Diner (two goals with one assist), junior Drew Schneider (two goals with two assists), senior Derick Paxton (one goal with four assists) and senior Zach Shames (one goal with one assist). Additional assists were registered by sophomore Will Clemson (3) with one each by senior Peter Nam, senior assistant captain Logan Pontell and sophomore Conor Maddry. Junior Colin Framinan had another strong game in goal.

Langley has only given up seven goals all season.

Herndon Boys' Basketball Loses to Westfield

The Herndon boys' basketball team had its three-game win streak snapped with a 56-53 loss to Westfield on Jan. 18. The Hornets dropped to 10-5 overall and 2-2 in the Concorde District.

According to stats from the Washington Post's website, Will Ferguson led Herndon with 19 points. Dorian Johnson finished with nine points, Trevon Wright scored eight, and Kent Auslander and Ryan Griffin each had seven.

Herndon hosted Robinson on Tuesday, after the Connection's deadline. The Hornets will host Oakton at 7:30 p.m. on Friday, Jan. 25.

HOME SALES

In December 2012, 63 homes sold between \$1,050,000-\$160,000 in the Herndon and Oak Hill area. This week's list represents those homes sold in the \$1,730,000-\$324,900 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
12403 ENGLISH GARDEN CT	5	4	1	HERNDON	\$1,050,000	Detached	1.37	20171	COPPER CREEK
3202 UPPER WYNNWOOD PL	4	3	1	HERNDON	\$915,000	Detached	1.36	20171	WYNNWOOD
13403 ALFRED MILL CT	5	3	1	HERNDON	\$660,000	Detached	0.38	20171	FLORIS DOWNS
12306 CLIVEDEN ST	5	3	1	HERNDON	\$652,500	Detached	0.20	20170	DRANESVILLE ESTATES
759 CENTER ST	4	3	2	HERNDON	\$613,677	Townhouse	0.05	20170	FORTNIGHTLY SQUARE
3015 DOWER HOUSE DR	4	2	2	HERNDON	\$610,000	Detached	0.24	20171	FRANKLIN FARM
13115 APPLEROVE LN	4	3	1	HERNDON	\$590,000	Detached	0.26	20171	FRANKLIN FARM
12306 FOLKSTONE DR	5	2	1	HERNDON	\$590,000	Detached	0.66	20171	FOLKSTONE
13556 COBRA DR	4	3	1	HERNDON	\$575,000	Detached	0.20	20171	CHANTILLY HIGHLANDS
757 CENTER ST	3	2	1	HERNDON	\$560,000	Townhouse	0.04	20170	FORTNIGHTLY SQUARE
757 CENTER ST	3	2	2	HERNDON	\$560,000	Townhouse	0.04	20170	FORTNIGHTLY SQUARE
755 CENTER ST	4	3	2	HERNDON	\$555,000	Townhouse	0.04	20170	FORTNIGHTLY SQUARE
2905 ROBIN GLEN CT	4	2	1	HERNDON	\$548,000	Detached	0.24	20171	BRADLEY FARMS
2355 STONE FENCE LN	3	3	1	HERNDON	\$545,000	Townhouse	0.05	20171	GREAT OAK
12530 ROCK RIDGE RD	4	3	1	HERNDON	\$527,000	Detached	0.20	20170	HASTINGS HUNT
13006 ROSE PETAL CIR	3	2	1	HERNDON	\$525,000	Townhouse	0.05	20171	OAKMILL
12418 WENDELL HOLMES RD	4	3	0	HERNDON	\$520,000	Detached	0.27	20171	FOX MILL ESTATES
902 YOUNG DAIRY CT	4	3	2	HERNDON	\$500,000	Detached	0.29	20170	VICTORIA MANOR
208 MEETING HOUSE STATION SQ	3	2	2	HERNDON	\$490,000	Townhouse	0.03	20170	FORTNIGHTLY SQUARE
13339 MISTY DAWN DR	3	3	1	HERNDON	\$490,000	Townhouse	0.06	20171	MCNAIR FARMS LAND BAY 2
1381 DOMINION RIDGE LN	4	3	1	HERNDON	\$480,000	Detached	0.28	20170	DOMINION RIDGE
12052 CHEVIOT DR	4	2	1	HERNDON	\$480,000	Detached	0.24	20170	STUART RIDGE
702 TAMANI DR	4	2	1	HERNDON	\$470,000	Detached	0.20	20170	FOUR SEASONS
838 MOFFETT FORGE RD	4	2	1	HERNDON	\$450,000	Detached	0.25	20170	GRAYMOOR
12718 FANTASIA DR	3	2	1	HERNDON	\$444,000	Detached	0.20	20170	KINGSTON CHASE
13502 HUNTSFIELD CT	3	3	0	OAK HILL	\$440,000	Detached	0.17	20171	FRANKLIN FARM
12652 FANTASIA DR	3	2	1	HERNDON	\$436,000	Detached	0.23	20170	KINGSTON CHASE
2119 CAPSTONE CIR	3	2	1	HERNDON	\$430,000	Townhouse	0.04	20170	ROCK HILL
12510 CLIFF EDGE DR	4	2	1	HERNDON	\$430,000	Detached	0.21	20170	JENKINS RIDGE
2530 JAMES MADISON CIR	3	2	1	HERNDON	\$430,000	Townhouse	0.03	20171	MCNAIR FARMS LANDBAY
1328 SHALLOW FORD RD	4	3	0	HERNDON	\$429,620	Detached	0.23	20170	CRESTBROOK
13113 PARK CRESCENT CIR	3	3	1	HERNDON	\$422,500	Townhouse	0.03	20171	WOODLAND PARK
805 AUTUMN BREEZE CT	4	3	1	HERNDON	\$420,000	Detached	0.20	20170	FOUR SEASONS
2660 PETERSBOROUGH ST	4	2	1	HERNDON	\$410,000	Detached	0.66	20171	FOX MILL ESTS
12710 NUREYEV LN	3	2	1	HERNDON	\$400,000	Detached	0.28	20170	KINGSTON CHASE
12618 MAGNA CARTA RD	4	2	0	HERNDON	\$395,500	Detached	0.27	20171	FOX MILL ESTATES
507 MERLINS LN	4	2	0	HERNDON	\$389,000	Detached	0.15	20170	HUNTERS CREEK
2116 MALEADY DR	4	2	1	HERNDON	\$385,000	Detached	0.20	20170	REFLECTION LAKE
1304 APRIL WAY	4	2	1	HERNDON	\$360,000	Detached	0.20	20170	FOUR SEASONS
900 BALLOU ST	4	2	0	HERNDON	\$357,000	Detached	0.58	20170	BALLOU
1069 NICKLAUS CT	3	3	1	HERNDON	\$352,000	Townhouse	0.06	20170	POTOMAC FAIRWAYS
525 MERLINS LN	4	2	0	HERNDON	\$349,900	Detached	0.15	20170	HUNTERS CREEK
13148 KIDWELL FIELD RD	2	2	1	HERNDON	\$342,500	Townhouse	0.03	20171	MCNAIR FARMS LANDBAY 11
13518 TRANQUILITY CT	2	2	0	HERNDON	\$335,000	Detached	0.12	20171	FRANKLIN FARM
2442 OLD FARMHOUSE CT	2	2	1	HERNDON	\$330,000	Townhouse	0.04	20171	MCNAIR FARMS LAND BAY 2
1244 SUMMERFIELD DR	4	3	0	HERNDON	\$329,000	Detached	0.21	20170	FOUR SEASONS
3229 TAYLOE CT	3	2	1	HERNDON	\$324,900	Townhouse	0.04	20171	FRANKLIN FARM

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OPEN HOUSES SATURDAY/SUNDAY, JANUARY 26 & 27

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

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6308 Swan Landing Ct.....\$609,000.....Sun 1-4.....Suzanne Burch.....Century 21..703-328-5606
6200 Fushimi Ct.....\$475,000.....Sun 1:30-3:30.....James Nellis.....RE/MAX..703-930-0655

Centreville

6487 Trillium House Ln.....\$999,900.....Sun 10-4.....Jean Marotta.....Birch Haven..703-402-9471

Clifton

6324 Deepwood Farm Dr.....\$579,000.....Sun 1-4.....Ed Duggan.....Century 21 ..703-989-7735

Haymarket

1840 Ridge Rd.....\$349,900.....Sun 2-4.....Billy Thompson..Samson Props..703 409-0340

Springfield

7262 Linden Tree Ln.....\$459,950.....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

Sterling

11401 Coyote Ct.....\$1,229,000.....Sun 1-4.....Sheila Cooper.....Weichert..703-759-6300

Vienna

1636 Crowell Rd.....\$929,000.....Sun 1-4.....Linda Welch.....RE/MAX..703-250-8500

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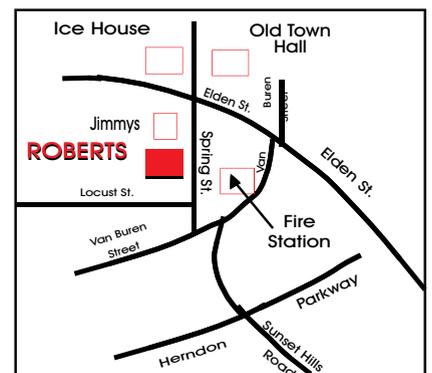
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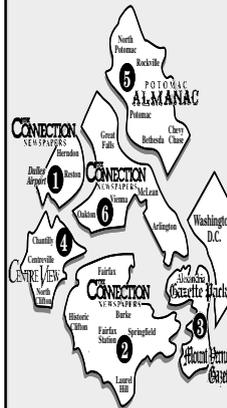
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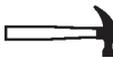
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Do not wish
to be anything
but what you
are, and try
to be that
perfectly.
-St. Francis
de Sales

The Best of Intentions, I'm Sure



By KENNETH B. LOURIE

Regularly, throughout my now nearly four years of living as a stage IV non-small cell lung cancer "diagnosee"/survivor, I have had conversations where the person with whom I've been speaking – in response to a query of mine, said about a particular set of their circumstances: "Oh, it's nothing, really. I mean, it's not cancer, so it's not as bad as what you're (meaning me) going through." Said with the utmost sincerity and sensitivity to me of course, and with my feelings/reaction most definitely in mind; for a long time, I simply acknowledged their empathy/sympathy and continued on with our conversation as if no emotional pot – of mine, had been stirred.

As time has passed, however, and I have continued to evolve as a cancer patient; meaning it wasn't about me all the time any more, responses to questions I asked, like the one inferred in the previous paragraph, began to irritate me – regardless of how well-meaning they were. Granted, a cancer diagnosis is bad news, but there's always worse – in my mind. And when people would self-censor their answers to me about something bad in their lives – which from their perspective was not as bad as receiving a diagnosis of terminal cancer as I had, it began to have the opposite effect on me. I felt worse for their not having said whatever their bad news was as if I was (A) inadvertently responsible for their not answering my question and (B) since I was the ultimate bad situation, nothing could ever be worse than my situation, so it seemed inappropriate somehow to consider even mentioning it. In short, I became the measuring stick for "bad," and since people rarely shared their bad news with me (out of kindness, I know), it meant – to me, anyway, that my news/situation was worse. How would you like to be the bad news/situation against which all presumably bad situations are compared? Every time I hear: "Well, compared to your..." I feel even worse than I try to never let myself feel. Internally I can manage it. But when external forces – random though they may be, context me in a depressing and disparaging way, I feel depressed and disparaged; two feelings which I fight hard to avoid. Cancer already has a foothold. I'm trying to prevent it from having a stranglehold.

As a cancer patient, one has sufficient challenges and surprises navigating through the various treatment protocols/requirements/appointments/scans, etc., attempting to assimilate the unthinkable into the "first-thing-you-thinkable." The experience is sort of like going from the sublime to the ridiculous except there's nothing sublime or ridiculous about it. (And by the way, your life depends on it.) Ergo, reinforcing a negative, as in my diagnosis being a conversation stopper – or re-director – takes me to a place, emotionally, that I never want to go to or be perceived as having been. I'm not sure if this is ego or naïveté or denial, but I can manage my feelings better when I bring them on myself rather than when others do so.

Now whether where I am emotionally, or how I got there really matters in the short term, I cannot say. But if there's going to be a long term, I need to feel better about my circumstances, not worse. They're bad enough on their own; I don't need any help making them worse.

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

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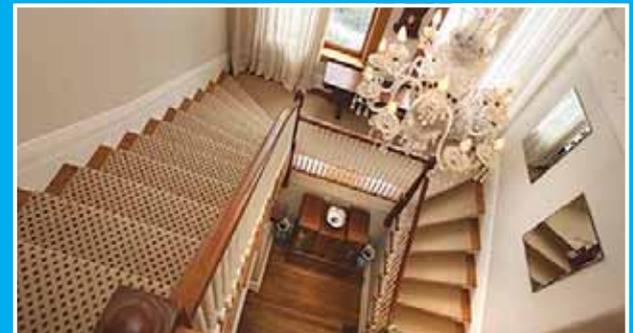
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